

# Trauma Shift

## FACT SHEET

### *Fact*

Trauma is when bad things happen to a person. It often happens more than once and can go on for a long time.

### *Fact*

Trauma can take many forms including abuse, violence, exploitation and neglect. Abuse can hurt your feelings and body.

### *Fact*

Some people experience trauma when they are adults. Childhood trauma is when bad things happen to you as a child.

### *Fact*

People often do things to stop the pain of their trauma. Coping strategies may include work, food, drugs or alcohol.

### *Fact*

When people understand why they use coping strategies they can start to heal. There are many ways to heal.

### *Fact*

Trauma survivors need encouragement and support. The main thing to know is that recovery is possible.