

what do i do?

TRAUMA INFORMED CARE

Acknowledge the effects of trauma and encourage resilience and healing!

BE GENTLE
WITH
YOURSELF

the first crucial step in providing trauma-Informed Care is ensuring an individual's physical and emotional safety.

BE KIND
TO YOUR
MIND

Safety: A comfortable area where privacy is respected.
Choice: Learn and proper communication regarding their rights.
Collaboration: Arranging and assessing administrations.
Trustworthiness: Respect for professional boundaries.
Empowerment: Permits individual to feel approved and assert.

DONT EVER SAY

It's time to move on.
It could not have been that bad.
Stop being negative.
Do you think you'll ever stop being depressed.
It could always be worse.

SELF
LOVE
CLUB

THE BEST TIPS

- *Calm: Be aware of how you are feeling.
- *Contain: To maintain physical and emotional safety, limit information about trauma histories.
- *Care: Practice taking care of oneself and self-sympathy while really focusing on others.
- *Cope: Resilience-building interventions, positive relationships, and coping skills should be emphasized.

Do what you love!

treat yourself!

Stay positive

Healthy lifestyle

IT'S OKAY TO
ASK FOR HELP

USED COPING SKILLS

PEER ADVOCACY, PATIENT NAVIGATION, CASE MANAGEMENT, AND COMMUNITY OUTREACH ARE PROGRAMS THAT CAN ASSIST TRAUMATIZED INDIVIDUALS IN OVERCOMING BARRIERS TO CARE, ENHANCE THE QUALITY OF CARE, AND EXTEND TREATMENT BEYOND THE CLINIC OR HOSPITAL.