

## Understanding Trauma & Its Effects

Trauma is a response to a deeply stressful or frightening event. It can happen after experiences like violence, abuse, accidents, loss, natural disasters, or other events that make someone feel unsafe or overwhelmed. Trauma affects people in different ways, and healing takes time.

### What Trauma Can Look Like

After a traumatic event, it is normal to have strong emotions. Some common reactions include:

- Feeling scared, anxious, or constantly on edge
- Having trouble sleeping or frequent nightmares
- Feeling sad, numb, or disconnected from others
- Avoiding places, people, or situations that remind you of the event
- Sudden anger, irritability, or mood changes
- Trouble focusing or remembering things
- Feeling unsafe, even when you are not in danger

These reactions are the mind and body's way of trying to protect you.

### How Trauma Can Affect Daily Life

Trauma can impact many parts of a person's life, including:

- **Emotional health** – feeling overwhelmed, anxious, or depressed
- **Physical health** – headaches, fatigue, stomach problems, or muscle tension
- **Relationships** – difficulty trusting others or feeling close to people
- **School or work** – trouble focusing, remembering information, or staying motivated

If these effects continue for a long time, extra support can help.

### Ways to Support Healing

Healing from trauma is possible. Some helpful steps include:

#### **Wyandot Behavioral Health Network**

Website: <https://www.wyandotbhn.org/> | Phone: 913-328-4600

**In Crisis?** Call or text 988 (Suicide & Crisis Lifeline) or call 913-788-4200

- Talking with a trusted friend, family member, or mentor
- Speaking with a therapist or counselor trained in trauma care
- Practicing self-care like exercise, journaling, deep breathing, or spending time outdoors
- Creating routines that help you feel safe and supported

Everyone heals at their own pace, and it is okay to ask for help.

### **If You Need Immediate Support**

If you or someone you know is in crisis or thinking about self-harm, help is available.

- Call or text **988** to reach the **988 Suicide & Crisis Lifeline**
- Call **911** if you are in immediate danger
- Visit your nearest emergency room

These services are **free, confidential, and available 24/7**.