

RECOGNIZING SIGNS OF TRAUMA IN ADULTS

Suffering from trauma, which is an abnormal event, is like being stuck in a loop of pain. Getting unstuck requires support, strategies and possibly treatment.

Do you suspect a friend or relative is dealing with trauma? Do you know what to look for?

SIGNS OF TRAUMA INCLUDE:

TURNS TO SUBSTANCE ABUSE TO SELF-MEDICATE

RETREATS FROM FAMILY AND FRIENDS. FEELS DISCONNECTED OR NUMB

APPEARS WITHDRAWN OR NOT FULLY PRESENT DURING CONVERSATIONS

UNABLE TO CONTROL MOODS. ENGAGES IN EMOTIONAL OUTBURSTS

MOVES WITHOUT ENERGY, APPEARS PALE AND LACKS CONCENTRATION

APPEARS SHAKEN OR DISORIENTED. HAS NIGHTMARES OR FLASHBACKS



KNOW THE SIGNS SO YOU CAN BE IN A BETTER POSITION TO PROVIDE PRACTICAL SUPPORT. RECOVERY REQUIRES COURAGE, PATIENCE AND UNDERSTANDING.