

Helpful websites about trauma:

<https://youngminds.org.uk/find-help/conditions/ptsd>

www.childrenssociety.org.uk/what-we-do/resources-and-publications/trauma-and-young-people-a-guide-for-parents-carers-and

www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/traumaticstressinchildren.aspx

Contact

The Emotional Health Service

42 York Street, Twickenham TW1 3BW

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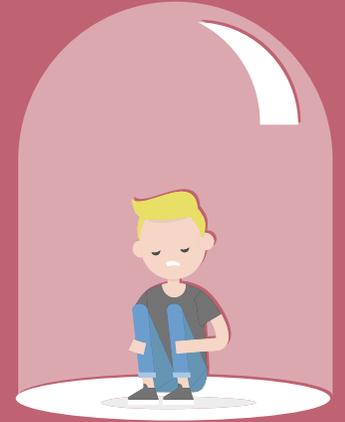
Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

W: www.afcinfo.org.uk/emotionalhealthservice

Emotional Health Service



Traumatic experiences

Information for young people

What is trauma?

People sometimes experience situations that are extremely frightening (for example, physical abuse, sexual abuse, or a life-threatening situation). As a result, they may struggle with overwhelming feelings related to that particular incident for a long period of time. We call this trauma.

Trauma can affect us in a number of different ways. We might:

- find it hard to stop thinking about the traumatic event
- self-blame for the traumatic incident
- have nightmares and/or flashbacks connected to the trauma
- have negative thoughts about ourselves and/or the world
- have problems with concentration
- feel low in energy and motivation
- experience a lack of pleasure in doing activities we used to enjoy
- often feel like something bad is about to happen
- feel more irritable and aggressive than usual
- forget where you are, or thinking you are back at the place where you experienced something traumatic
- feel that you are outside of your body
- have sleep difficulties

Looking after yourself

Life can become very confusing after a traumatic event. Here are some things you can do to look after yourself.

- When you feel ready, try to talk to people you trust about your experience, or others that were involved in the same traumatic event.
- Try to get back into your usual routine.
- Make time for activities you enjoy.
- Decide what media coverage you can and can't cope with.

When to get help

Getting help early can lessen the impact of mental health difficulties on your life, and improve the chances of a full recovery. It is important that you get support if you are experiencing symptoms of trauma that:

- are getting worse
- last for more than two weeks
- are interfering with school, relationships, work or other activities that you enjoy doing
- are distressing or upsetting
- make you think about harming yourself or others

If, after a traumatic event you are concerned about your symptoms, please seek advice from a health professional (such as a GP) or Child and Adolescent Mental Health Services (CAMHS).

What to expect

If you have been to your GP and accessed CAMHS, a number of treatments may be offered to you that have been used to successfully treat the effects of traumatic experiences.

Cognitive behavioural therapy (CBT)

CBT will look at your thoughts related to the trauma and how they are affecting your life. If you have been avoiding things that remind you of your trauma, you may be gradually exposed to these when you are ready.

Eye movement desensitisation and reprocessing (EMDR)

With EMDR, you will have to think about your traumatic experience whilst you watch or listen to what the therapist is doing (such as an object, a light or a sound). You may not have to talk about your trauma.