



MAKE TRAUMA RECOVERY A REALITY

76.1 % of the population experience a serious trauma in their lifetime.

Experiences like natural disasters; acts of violence; motor vehicle accidents; sexual & physical assaults; acts of terror; combat experiences and more can lead to post-traumatic stress.

Healing is possible and **YOU** are not alone

IMPACT

Trauma exposure is stressful. It impacts our bodies, minds, emotions and life.

You Might Notice

Reliving the Event - flashbacks, nightmares, trauma reminders



Avoiding Trauma Reminders

- Withdrawal from people, situations, locations, activities.

Negative Thoughts & Feelings - Feeling sad, numb, having negative thoughts about life and the world.

Feeling on Edge-

It is common to feel tense, jittery, struggle with sleep, get angry, irritable and more...

WHAT HELPS

Stay hopeful. Many approaches can make a difference today.

The Right Care Helps

Trauma Therapy free support through **Criminal Injury Compensation Board** or **Quick Victim Response Program** (see links on back)

Resiliency & Recovery Groups at traumapractice.org

Personal Strategies - Breathing, Meditating, Journaling, Exercise, Yoga, Qigong, Tai-Chi

Connect with People- Spend time with trusted Helping professionals, Family, and friends

MORE TOOLS

Find resources for learning and growing. Here are some that helps.

Online, Groups, Community

E-Trauma Care & Virtual Support through whatisptsd.com
Request **FREE ACCESS** at info@whatisptsd.com

Trauma Recovery & Info Videos at youtube.com/whatisptsd



Educate Yourself - PTSD: Beyond Trauma Documentary cbc.ca/natureofthings/episodes/ptsd-beyond-trauma

Learn More at HELPGUIDE.ORG
Quick Trauma Screening Tool- Ementalhealth.ca





WHEN YOU OR SOMEONE YOU KNOW NEEDS HELP

Show up | Be patient | Listen | Learn | Create Routines | Get Help | Understand Trigger & Strong Emotions | Commit to Self-Care | Put Safety First | Choose Love

After a Traumatic EVENT

- **9-1-1** for imminent threat, distress line, and emergency departments
- **Victim Quick Response Program (VQRP)** Emergency fund: <https://bit.ly/2HyRAKv>
- **Criminal Injuries Compensation Board:** <http://www.sjto.gov.on.ca/cicb/>
- **Victim Support Line** toll-free 1-888-579-2888, or Greater Toronto Area, 416-314-2447
- **Victim Services Toronto** supporting victims in crisis <http://victimserVICESTORONTO.COM>
- **Crisis Line** 24/7, 416-808-7066

Resources for Professionals and Caregivers

- International Society for Traumatic Stress Studies: <https://www.istss.org>
- National Center for PTSD: <https://www.ptsd.va.gov/>
- Best Treatments for PTSD: <https://bit.ly/2KtwvV6>
- Screening for PTSD: <https://bit.ly/2WdJcr0>

APPS that Really Help!



PTSD Coach
Health & Fitness



Tactical Breather
Health & Fitness



Breathe2Relax
Health & Fitness



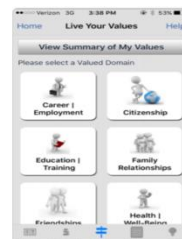
Mindfulness
apps



Headspace



Omvana: Meditation, Yoga S...



Virtual Hope Box | PsyberGuide

GET INVOLVED

TRAUMAPRACTICE.ORG

DONATE