**How to Support a Young Person Who May Have Experienced Trauma**

**Top tips on how to help a young person where you have concerns**

* Let the young person know you want to understand, help and support
* Be calm, patient, listen and acknowledge their thoughts and emotions
* Don't ask them to share the detail of their trauma experience, they may just want you to know 'something happened'. It can be helpful to just listen
* Help them with calming and grounding skills; [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

**Some Key Signs and Symptoms**

* Re-experiencing intrusive &/or flashback memories
* Difficulty in falling or staying asleep
* Difficulty in concentrating
* Hyper-vigilance, on alert for danger/ threat
* **Fight Response**: Facing & fighting the danger/ threat head on- Feelings: irritability, anger or agitation. Behaviour: aggressive, oppositional, confrontational or defiant behaviour.
* **Flight Response**: Fleeing, escaping or avoiding the danger: Feelings of panic/ anxiety. Behaviour: running away, disappearing, hiding, avoidant
* **Freeze** **Response:** Becoming tense, still and silent in response to danger. Feelings: anxiety, fear. Behaviour: exaggerated startled response, distracted, confused, forgetful
* **Flop** **Response:** Mind and body shutting down in response to danger- Feelings: overwhelmed, hopeless, low. Behaviour: body becoming loose and floppy, low energy, withdrawal, isolation

The following may also be present:

* Sudden changes in mood and thinking
* Dissociation & Disconnection - loss of time & thought, memory lapse, body disconnection.
* Difficulties or problems in relationships
* Negative self-perception; feelings of shame/ despair

Useful Resources for more information:

**Websites:**

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

<https://www.getselfhelp.co.uk/ptsd.htm>

UK Trauma Council (UKTC) www.uktraumacouncil.org

Books:

The PTSD workbook for teens - simple, effective skills for healing trauma - Libbi palmer

The simple guide to child trauma– Betsy de Thierry (for parents)

Trauma is really strange— Steve Haines (for teenagers and adults)

A terrible thing happened—Margaret Holmes (to be read by an adult to younger children)

What a muddle– Jess Van der Hoech & Renee Marks (to be read by an adult to younger children

**What to do once you’ve identified a concern or difficulty**

* If aware of recent traumatic event, monitor to see if symptoms reduce after 4-6 weeks.
* If symptoms continue beyond this time, seek help and advice from your GP
* Your GP may refer to CAMHS/and or a specialist trauma support services for more specific help and advice#
* Check our website: www.hampshirecamhs.co.uk