

Understanding Child Trauma



There is hope. Children can and do recover from traumatic events, and you play an important role in their recovery.

"I AM STRONG."

"I AM A GOOD KID WHO HAD A BAD THING HAPPEN."

"PEOPLE CARE ABOUT ME."

"IT'S NOT MY FAULT."



A CRITICAL PART OF CHILDREN'S RECOVERY IS HAVING A SUPPORTIVE CAREGIVING SYSTEM, access to effective treatments, and service systems that are trauma informed.

GET HELP NOW

<https://findtreatment.samhsa.gov>
<http://nctsn.org/resources/get-help-now>
<http://www.healthcaretoolbox.org>



Not all children experience child traumatic stress after experiencing a traumatic event. With support, many children are able to recover and thrive.

As a caring adult and/or family member, you play an important role.

REMEMBER TO:

- Assure the child that he or she is safe.
- Explain that he or she is not responsible. Children often blame themselves for events that are completely out of their control.
- Be patient. Some children will recover quickly while others recover more slowly. Reassure them that they do not need to feel guilty or bad about any feelings or thoughts.
- Seek the help of a trained professional. When needed, a mental health professional trained in evidence-based trauma treatment can help children and families cope and move toward recovery. Ask your pediatrician, family physician, school counselor, or clergy member for a referral.
- Visit the following websites for more information:
 - <http://www.samhsa.gov/child-trauma>
 - <http://www.samhsa.gov/trauma-violence>
 - <http://www.nctsn.org>

NCTSN

The National Child Traumatic Stress Network



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov