There is hope beyond hurt.

Pain
Fear
Sadness
Nightmares
Poor sleep
Headaches
Anxiety
Racing heart
Anger
Depression
Substance use
Flashbacks
Intrusive thoughts
Stress
Diabetes
Chest pains

Compassion
Health
Self-esteem
Growth
Fulfillment
Wellness
Hope
Peace
Recovery
Resilience
Empowerment
Healing

Trauma and toxic stress involve feeling overwhelmed by difficult life experiences that can lead to physical, emotional and substance use problems.

Family history
Homelessness
Rape
Abuse
Discrimination
Racism
Disasters
Poverty
Loss
Terrorism
Fleeing home country
Violence
War
Neglect
Serious accidents and illness

Support groups
Primary care
Healthy lifestyle
Therapy
Social connections
Knowledge

We can help. Healing is possible.

© National Council for Behavioral Health. Developed as part of the Trauma-Informed Primary Care Initiative supported by the Kaiser Permanente National Community Benefit Fund at the East Bay Community Foundation