

WHO ELSE CAN YOU TURN TO?

There are a number of help lines that you can call for support and advice.

CAMHS: If your GP is in North Staffordshire you can self refer to the Children and Adolescent Mental health central referral hub for under 18s on:

0300 123 0907 (option 4)

Samaritans

If you are in distress or need support, you can ring the Samaritans for free at ANYTIME of the day or night.

116 123 (24/7 service)

Papyrus (Prevention of young suicide)

Confidential advice and support for young people (under 35) who feel suicidal.

Hopeline: 0800 068 4141

Text: 07786 209 697

Available:

Mon-Fri 10am to 10pm

Sat, sun and Bank Hols 2pm to 10pm

**Numbers correct at time of publishing.
Some numbers may incur a charge.**

NHS direct

24/7 phone line to help advise you. They can signpost to services, make GP appointments or call an ambulance if they feel it is needed.

Dial: 111

Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

www.childline.org.uk

(to talk one to one with a counsellor register for an account with Childline on the website)

The Mix

If you are under 25 you can contact The Mix free of charge to talk to someone. You can also use their text or webchat if you prefer by visiting their website.

0808 808 4994 (daily 1pm to 11pm)

www.themix.org.uk

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NHS

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TRAUMA IN CHILDREN AND YOUNG PEOPLE

A guide to trauma and
finding the help and
support you need



Please note the information provided in this leaflet is for guidance only and not designed to diagnose a specific condition. Contact your GP if you are concerned about any of your symptoms.



**PROUD
TO
CARE**

WHAT IS TRAUMA

When a child or young person feels intensely threatened by an event they witness or experience, this event is referred to as trauma.

There are a range of trauma types or traumatic events to which children and young people can be exposed.

Learning how to understand, process and cope with difficulties or tragedies are part of a child's natural development.

However some children can find themselves unable to move on especially if they are repeatedly exposed to a certain experience.

This can leave a child with the overwhelming sense of loss and fear, leading them to feel that they are not safe and that they have no control over their lives.

These feelings can stop a child from developing socially, physically, educationally or emotionally.

Trauma can often lead to increased anxiety and low mood. Sometimes young people can often turn to self-harm as a way of managing their emotions.

At this point treatment for trauma should be considered especially as unaddressed trauma can have serious long term consequences.

The most common traumatic events/ experiences children are exposed to are:

- Accidents
- Bullying
- Death of a loved one
- Emotional abuse or neglect
- Physical abuse or neglect
- Separation from a care giver
- Sexual abuse
- Stress caused by poverty
- Sudden and/or serious medical condition
- Violence—at home/school/local community
- War/terrorism
- Chaos or dysfunction in the home, e.g. domestic abuse, mental illness or substance misuse.

It is important to understand that children do not all react in the same way to a traumatic experience. Some children may be resilient enough to cope well with trauma however others may need further help and support.

Young people who are exposed to more than two traumatic experiences are likely to have more significant issues of their own in the future.

WHAT CAN YOU DO?

Talk to someone you trust about how you are feeling.

Contact your GP who can signpost you to services including your local Child and Adolescent Mental Health Service. (CAMHS)

Treatment for trauma is usually through talking therapies. Sometimes medication may be used.