



May is “Trauma Awareness” Month in Los Angeles County

What is trauma?

Trauma is a person’s emotional response to a distressing or disturbing experience. Anyone can experience trauma and most people will experience it at some point in their life.

How can trauma show up in youth and/or adults?

- Difficulty with emotional expression
- Low self-esteem/self confidence
- Poor grades
- Anger, resentment
- Hypervigilance
- Nightmares
- Lack of trust with others
- Memory Loss
- Unresolved and/or complicated grief

Trauma-Informed Care Resources

[Understanding Child Trauma](#)

[Multilingual Trauma Resources](#)

[School Wellbeing Toolkit](#)

[Looking through a Trauma and Resilience](#)

[Informed Lens](#)

[Addressing Racial Stress and Trauma](#)

[Trauma and Resilience Informed Care](#)

[Foundations for Educators](#)

Support is available!

LA County DMH Helpline: 1-800-854-7771

Suicide & Crisis Lifeline: Dial 988

Crisis Text Line: Text HOME to 741741

