Trauma is a state of dysregulation or stress which is prolonged, unpredictable, and overwhelming and continues to be unexpressed, unprocessed and misunderstood.

Chronic stress is an uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioral changes. An extreme amount of stress can negatively affect the immune, cardiovascular, neuroendocrine and central nervous systems.

"Everyone has a story."

- Childhood abuse or neglect
- War or acts of terror
- Medical hardships
- Physical, emotional or sexual abuse
- Accidents
- Natural disasters
- Grief or loss
- Witnessing acts of violence
- Cultural, intergenerational or historical trauma
TRAUMA

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives.

That's 223.4 million people. *

*National Council for Community Behavioral Healthcare

Customer Awareness
Support Effort