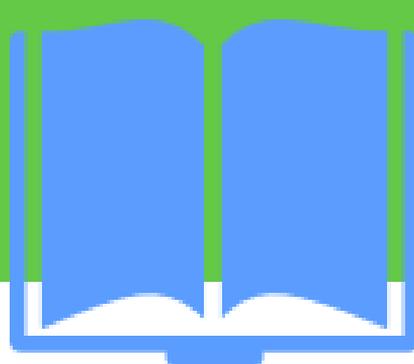


TRAUMA IS A STATE OF DYREGULATION OR STRESS WHICH IS PROLONGED, UNPREDICTABLE, AND OVERWHELMING AND CONTINUES TO BE UNEXPRESSED, UNPROCESSED AND MISUNDERSTOOD.

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."



TRAUMA CAN STEM FROM:

- 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

CUSTOMER AWARENESS  
SUPPORT EFFORT

# 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