

EVERYONE HAS A STORY.

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.

Trauma is defined as events or circumstances experienced by an individual as physically or emotionally harmful or threatening which result in adverse effects on the individual's functioning and well-being.

REALIZING RECOGNIZING AND RESPONDING TO TRAUMA.

We realize the widespread prevalence of trauma.

We recognize signs and symptoms of trauma and stress and how these can effect the culture and individuals within our organization and the public we serve.

If you experience trauma or stress at work we are here to offer you the support you need. Share your story with a coworker or supervisor and remember we are in this together!



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT

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