

TRAUMA: THINGS TO CONSIDER

If you are concerned about someone experiencing trauma/showing signs of trauma you should always speak to a member of staff.

Any discussion about trauma should come from the person who is/has experienced it. Avoid 'intruding' and asking an individual about their trauma as it risks re-traumatising the individual.

When a person becomes angry/exhibits behaviours we would not expect:

- Provide time and space for them to calm down
- If they're willing to talk ask them what works for them

Think carefully about the words you use and how you say things – avoid terms like ‘over-sensitive’ or ‘over-reaction’. We don’t know why somebody reacts in the way they do to a certain circumstance or comment.

Signposting

The following are useful sources of advice and support:

- Sunflower Women’s Centre: <https://trevi.org.uk/services/sunflower-womens-centre/>
- Plymouth Options: <https://www.livewellsouthwest.co.uk/plymouth-options>
- Andy’s Man Club: <https://andysmanclub.co.uk>

These materials provide an overview to help raise awareness and understanding. If you have concerns always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.