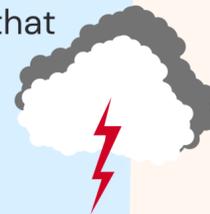


# What is a Trauma?

## What can cause a Trauma?

A **traumatic experience** refers to the experience of being confronted with violence, serious injuries or death, either as a person affected or a witness. A trauma is a **psychological injury** that persists after the traumatic experience.

Possible **experiences that can cause trauma** include having to flee one's home, war, natural disasters, accidents, serious injuries or illness, death or loss of a close person, loss of a child, physical violence, sexual abuse or rape, emotional violence or other experiences.



## Possible Indicators

- Avoiding everything that has to do with the traumatic experience
- A lot of sadness and crying
- Feeling overwhelmed quickly
- Severe nervousness or irritability
- Outbursts of rage
- Feeling jumpy
- Strong anxiety, panic
- Sleeping problems, nightmares
- Problems with concentration and memory
- Trouble handling one's own feelings
- Trouble trusting others
- Feeling absent
- Feeling numb
- Social withdrawal, loss of interests
- Disturbing memories
- Flashbacks



## What are Flashbacks?

A **flashback** is when a traumatic experience is unintentionally relived in memories, imaginations or dreams. Flashbacks can be triggered, for example, by thoughts, touch, bodily sensations, sounds, smells, things one sees, people, places, anniversaries of events, newspaper articles or other things.

**Flashbacks** can show through...

- Recurrence of feelings and thoughts during the traumatic event
- A racing heart
- Shortness of breath, a feeling of tightness in your chest
- Vertigo
- Loss of orientation, confusion
- Feeling like you left your body



## What can help with Trauma:

A trauma can leave a deep injury in the soul. It can help to talk to a psychologist or psychotherapist and seek professional help. Spending time with other people and pleasant activities can bring comfort, too.

We at project NEDA are happy to help you to feel better again!  
Feel free to give us a call!



### CONTACT PROJECT NEDA:

FEM (Girls/Women): Klinik Floridsdorf, Brünner Straße 68/A3/Top 14, 1210 Wien; Tel.: +43 1 27700 5600

FEM Süd (Girls/Women) & MEN (Boys/Men): Klinik Favoriten, Kundratstraße 3, 1100 Wien;

FEM Süd: Tel.: +43 1 60 191 5201; MEN: Tel.: +43 1 60 191 5454

www.fem.at