THE WOUNDS WE DON'T SEE

Not every injury leaves a bruise.

Trauma can change how a person feels, thinks, sleeps and connects with others. PTSD is not weakness - it is a human response to overwhelming experiences.

TRAUMA IS REAL.
PTSD IS REAL.
HEALING IS POSSIBLE.



WHAT IT CAN LOOK LIKE

- Flashbacks or nightmares
- Feeling constantly on guard
- Avoiding reminders
- Numbness or disconnection
- Trouble sleeping or concentrating

HOW TO HELP

- Listen without judgement
- Believe their experience
- Ask what feels safe
- Allow time and space to share
- Encourage professional support

Speak to a GP, qualified mental health professional or trusted support service.

SEE THE PERSON. HEAR THE STORY. SUPPORT THE HEALING.

Start a conversation • Share this message • Challenge the stigma

You do not have to face it alone.

24/7 Confidential Helpline- 08008 807 373
helpline@sixmha.org

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Scan for the SIX MHA App - LVZ-489-754