

There is hope beyond hurt.

Pain
Fear
Sadness
Nightmares
Poor sleep
Headaches
Anxiety
Racing heart
Anger
Depression
Flashbacks
Substance use
Intrusive thoughts
Stress
Diabetes
Chest pains

Health
Wellness
Compassion
Self-esteem
Growth
Fulfillment
Hope
Peace
Resilience
Recovery
Empowerment
Healing

Trauma and toxic stress involve feeling overwhelmed by difficult life experiences

that can lead to physical, emotional and substance use problems.

Family history
Homelessness
Rape
Abuse
Discrimination
Racism
Disasters
Poverty
Loss
Terrorism
Fleeing home country
Neglect
Violence
War
Serious accidents and illness

Support groups
Primary care
Healthy lifestyle
Therapy
Social connections
Knowledge

We can help. Healing is possible.