

# TRAUMA AWARENESS CARD

I am a survivor of significant trauma.  
I find situations like this, extremely triggering.

**PLEASE SEE REVERSE OF THIS CARD  
FOR WAYS TO HELP ME**



**I am living with trauma and this situation is difficult for me.**

**To support and help me, please assist me by;**

- 1** Showing patience and understanding
- 2** Ask me how I am feeling
- 3** Remind me that I am safe
- 4** Clearly explain each step of any procedure you will be performing and give me choices where possible
- 5** Give me time to see if I can continue with this appointment



**The  
Maggie Oliver  
Foundation**  
Transforming pain into power