



What to ask my worker about getting help for my experiences of trauma

If you have experienced trauma and it is impacting on your life, here is some information about what to discuss with your worker to help you heal and recover.

While recovery can have its ups and downs, the good news is that there are effective treatments available for mental health issues following your experience of trauma. It is never too late to seek help and support for your recovery.

The benefits in seeking the right support are:

- A reduction in how often and how severe your symptoms are
- An improvement in your relationships at home, work or in your community, and
- An improvement in your ability to do things that are important to you.



"Since getting support, I have more good days. I'm doing things I enjoy and feel more like myself".

"I've started to see my friends again".

"I feel like a good parent to my daughter again".



Treatment can involve counselling, medication, or a combination of both

If you're not sure treatment is helping you, ask your worker some of the following questions:

Here are some questions that you can ask your worker about getting the best support and treatment for you:

- What is the best evidence-based treatment to help address my trauma? Why/Why not?
- Can you tell me how this type of treatment works?
- Does this treatment have any negative effects?
- Can you tell me what training and experience you have in this type of treatment?
- How long will treatment last?
- What can I expect to happen during treatment?
- Can you tell me what I will need to do during treatment or in my daily life to help me get better?
- What kind of improvements can I expect?
- What support will I need while I am having treatment?

- My sleep, nightmares, mood... aren't improving. What else can we do?
- I had expected to feel better. Can we talk about my progress?
- Can we talk about other treatments? What else is available?
- Can you give me skills to help me better manage my sleep, panic attacks...?

