

There is hope beyond hurt.

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

Compassion  
 Health  
 Self-esteem  
 Growth  
 Fulfillment  
 Wellness  
 Hope  
 Peace  
 Recovery  
 Resilience  
 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  
 Fleeing home country  
 Terrorism  
 Neglect  
 Violence  
 Serious accidents and illness  
 War

Support groups  
 Primary care  
 Healthy lifestyle  
 Therapy  
 Knowledge  
 Social connections

We can help. Healing is possible.