

People who have had trauma



People with intellectual disability can experience things that can cause them trauma.

Trauma is when something has happened to you that made you very frightened or very upset.



For more information about trauma go to <https://www.idmhconnect.health/people-who-have-had-trauma/ER>



Below are services and supports for people who have experienced trauma.



There is a lot of information.

Some words can be hard to understand.



You can ask someone to read this information with you.



Call the Disability Abuse and Neglect Hotline if you want to tell someone about

- Abuse
- Bullying
- Neglect



You can call the Disability Abuse and Neglect Hotline on **1800 880 052**.

It is free to call them.



Abuse is when someone says or does something to hurt you or make you feel bad.

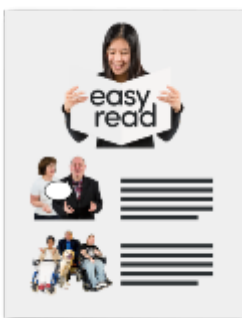


Bullying is when someone or a group of people are mean to you on purpose.

This could be more than one time.



Neglect is when someone who is supposed to be supporting you does not give you the care you need.



Speak Up and be Safe from Abuse has Easy Read information.

This information can support you to communicate to someone that you

- Have experienced
- Or are still experiencing abuse

For more information go to

<https://www.speakupandbesafe.com.au/>



The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disabilities was a group of people who

- Listened to the stories of people with disability
- Told the government how to make things better



They wrote about what they found in their final report.

For more information go to

<https://disability.royalcommission.gov.au/publications/final-report>



There are some tricky words in this Easy Read sheet.

For more information about these words go to

<https://www.idmhconnect.health/word-list>



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Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

For information on how to support people to use Easy Read go to https://www.3dn.unsw.edu.au/professionals_toolkit



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No changes can be made without asking the people who wrote this sheet.