

Abuse and trauma

Choosing Support After Harm

Adults and teens 13+ | 10 to 15 minutes

After harm, people may need practical protection, privacy, connection, or time. You decide what to share. This page asks about the present and does not require a detailed history. If danger is ongoing, getting suitable live support takes priority over completing it.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Start with the present

Notice what would make today more manageable: somewhere private, transport, a meal, a pause, or a person who respects your choices. A coping exercise cannot resolve an unsafe environment.

Keep ownership of your story

You can say, "I want help with the effects, but I do not want to describe what happened today." Ask a professional about confidentiality and its limits before sharing identifying information.

1. What present need deserves attention first, without explaining the event?**2. What would you like a helper to ask permission for?****3. What information do you want to keep private today?****4. Who could offer the kind of support you choose, and how could you contact them safely?****Clinical use and adaptation**

Check ongoing danger and safeguarding needs before skill practice. Explain confidentiality and reporting limits; do not promise secrecy. Offer interpretation, disability access, and survivor-led support. Avoid requiring disclosure, reconciliation, or a trauma narrative to establish need.