**Trauma informed resources**

There are many resources available to support Trauma informed practice. Here are a few examples that may be of interest:

**Guidance for professionals**

Impact of trauma on children and young people - <https://www.youtube.com/watch?v=eDEYhKIXCEU>

CYP specific - <https://youngminds.org.uk/media/3091/adversity-and-trauma-informed-practice-guide-for-professionals.pdf>

<https://www.annafreud.org/mental-health-professionals/anna-freud-learning-network/childhood-adversity-and-trauma/>

Women specific - <https://www.centreformentalhealth.org.uk/sites/default/files/2019-05/CentreforMH_EngagingWithComplexity.pdf>

TED talk on impact of Trauma throughout a lifetime - <https://www.youtube.com/watch?v=95ovIJ3dsNk>

Trauma informed organisations multi-professional guidance and training <http://www.safehandsthinkingminds.co.uk/>

**Research informed practice**

<https://www.researchinpractice.org.uk/children/publications/2018/august/developing-and-leading-trauma-informed-practice-leaders-briefing-2018/>

<https://www.researchinpractice.org.uk/children/publications/2018/august/trauma-informed-approaches-with-young-people-frontline-briefing-2018/>

<https://www.researchinpractice.org.uk/adults/publications/2019/december/embedding-trauma-informed-approaches-in-adult-social-care-frontline-briefing-2019/>

**Guidance for schools**

Practical advice for schools: <https://www.youtube.com/watch?v=eDEYhKIXCEU>

<https://www.traumainformedschools.co.uk/>

<https://www.researchinpractice.org.uk/children/publications/2020/february/developing-trauma-informed-practices-in-inner-london-schools-the-itips-pilot-2020/>

**Guidance for families**

MindEd

<https://www.minded.org.uk/LearningContent/LaunchForGuestAccess/609789>

Phoenix Australia –

<https://www.phoenixaustralia.org/recovery/helping-children-and-teens/?gclid=EAIaIQobChMIlMrs8Iyx6QIVlevtCh0BSwJHEAAYAyAAEgI7B_D_BwE>

**Academic articles**

<https://www.emerald.com/insight/content/doi/10.1108/MHRJ-01-2015-0006/full/html>

<https://www.nice.org.uk/researchrecommendation/what-is-the-clinical-and-cost-effectiveness-of-trauma-informed-care-or-trauma-informed-approaches>

Chapter 2 –More NHS action on Prevention and health Inequalities – The NHS Long Term Plan. <https://www.longtermplan.nhs.uk/online-version/chapter-2-more-nhs-action-on-prevention-and-health-inequalities/>

Maxine Harris (Editor), *Using Trauma Theory to Design Service Systems* (Roger D. Fallot New Directions for Mental Health Services, Vol. 8)