



For additional knowledge and support on Trauma and The Trauma Buddy Scheme please scan the QR code above. Or visit www.eput.nhs.uk/patient-carer-and-visitor/trauma-buddy/

Please understand...

- I have complex needs around Trauma. As a result, I try my best to avoid known triggers to me but this isn't always possible.
- I may display some behaviours that are difficult to deal with when triggered and I would really appreciate if you could support me at that moment.
- Information is included in this passport to help us.

Why am I showing you this?

- I feel uncomfortable in this current situation and feel it's important to make you aware.
- By showing you this passport I can easily communicate triggers without having to revisit them by speaking about them.
- I hope that you will work with me to make this experience as calming as possible.



TRAUMA BUDDY PASSPORT

Supporting you with Trauma

My known triggers:

Signs I've been triggered:

How to help me now:

**I am happy for you to contact
(carer/loved one):**

Tel:

I give you permission to talk to them about
today's experience.