



The **AMBER** section helps you and your support staff understand things about you.



Sometimes you may feel stressed.



You may get stressed by something that happens suddenly.

Like a dog barking.



Or people shouting.

These are called **fast triggers**.



You may get stressed by something that happens slowly.

If you have toothache.



Or if you are hungry.

We call these **slow triggers**.



Many people have had a trauma in their lives.

They may have been in an accident.



Or they may have been attacked.

We call these an **Event**.



People **Experience** an event differently.

If it does not upset the person we say it has little or no **Effect**.



If the **Experience** upsets them a lot we say it has an **adverse Effect**.

Some **Events** happened years ago but the **Experience** still feels like it happened today.

If a similar **Event** happens again the person may remember the first event and be even more upset.

We call this being **re-traumatised**.



If you are upset you may want to talk to Support Staff.



The Support Staff will look at your Support Plan.

They read about the things that may make you upset.



If staff know about **trauma** that has happened to you they will try and stop you being **re-traumatised**.

We call this trauma informed care.