

# Optum

## Trauma support and recovery tools

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Some of the best tools available  
to support your wellbeing



# Understanding trauma

Trauma is far more common than many realize. In fact, 70% of adults in the United States – over 223 million people – have experienced at least one traumatic event in their lifetime.\* Trauma can affect anyone, regardless of age, background or circumstance. It occurs when a person is overwhelmed by events or experiences that evoke intense fear, helplessness or horror, disrupting their ability to cope.

Trauma doesn't always stem from a single event. It can arise from a wide range of experiences, including:

- Physical, emotional or sexual abuse
- Childhood neglect or maltreatment
- Accidents and natural disasters
- War, violence or witnessing acts of violence
- Medical interventions or serious illness
- Grief and loss
- Cultural, intergenerational and historical trauma

The impact of trauma is profound. More than 33% of youth exposed to community violence develop post-traumatic stress disorder (PTSD).\* Rates are even higher among children who have experienced sexual abuse, witnessed a school shooting or lived through a parental homicide.

In public behavioral health settings, over 90% of clients have experienced trauma, making it a significant risk factor in nearly all behavioral health and substance use disorders.\*

Understanding how common trauma is – and recognizing its many sources – is the first step toward healing. This toolkit is designed to support individuals on their journey of recovery, offering practical strategies, treatment options and hope.

\*National Council for Mental Wellbeing. [How to manage trauma](#). August 2022.





# Reach out, stay in touch

There are many things you can do on your journey to long-term recovery and wellbeing. You can join online or face-to-face support groups, or use tools like online games and other valuable resources listed in this guide. You can explore these tools and see what works best for you to support your recovery.

My doctor's number:

My benefits phone number:

The suicide hotline:

A local recovery community meeting that I can attend:

My support group:

A person I can talk to:

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# Online tools

## 1. Liveandworkwell.com

This online resource for Optum members has many trauma recovery tools and resources to help you on your journey to recovery and wellbeing, including:

- [What is trauma?](#)
- [What are the best types of therapy for trauma?](#)

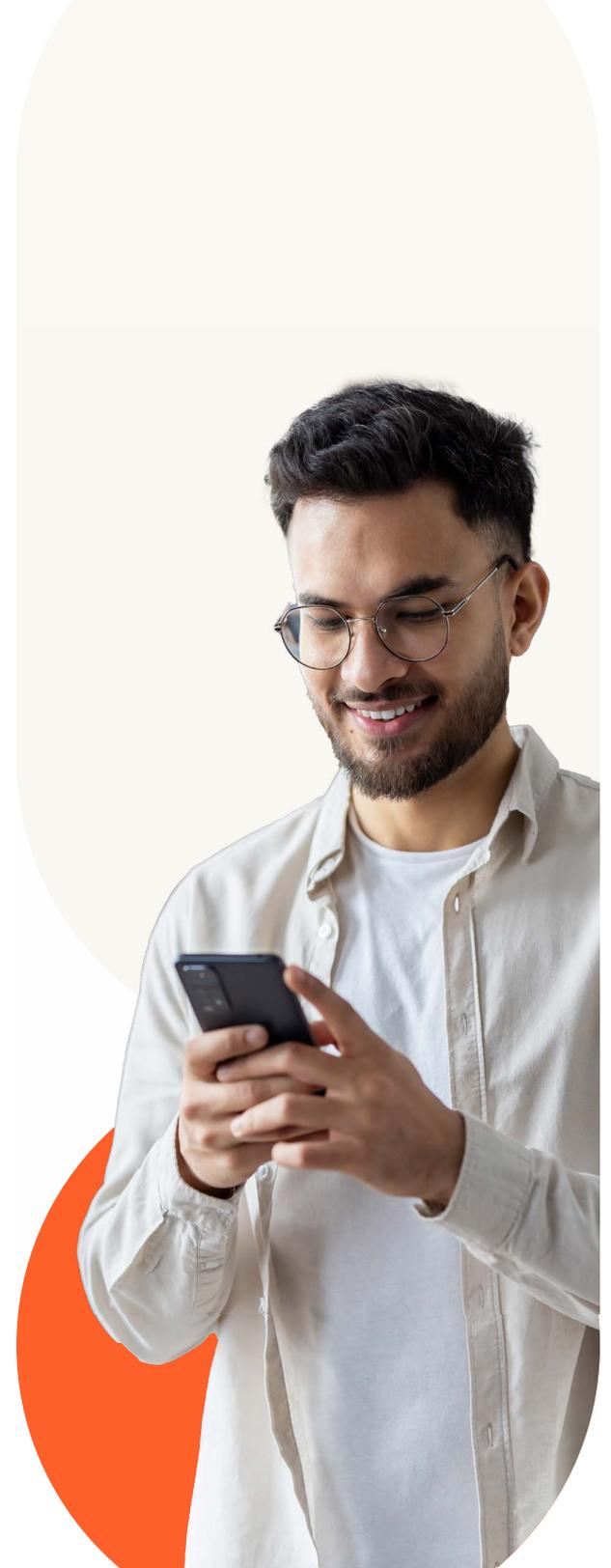
## 2. Understanding and managing trauma

- [Defining trauma | American Psychological Association \(APA\)](#)
- [How to manage trauma | Copeland Center](#)
- Finding the right type of therapy and treatment
  - [What's the right type of therapy | Depression and Bipolar Support Alliance \(DBSA\)](#)
  - [The treatment of choice for trauma | National Alliance on Mental Illness \(NAMI\)](#)
  - [Therapy | DBSA](#)
- Risk and contributing factors
  - [Risk factors | DBSA](#)
  - [Contributing factors | DBSA](#)
  - [Exploring the connection between trauma healing and physical health | NAMI](#)
  - [Resources on trauma and healing, including a guide inspired by 'The Color Purple' | APA](#)
- [Printable resources | Crisis & Trauma Resource Institute](#)

## 3. Trauma and mental health disorders

- [Trauma and mood disorders | DBSA](#)
- [Mental health brochures and fact sheets | National Institute of Mental Health \(NIMH\)](#)
- Trauma and PTSD
  - [Posttraumatic stress disorder | APA](#)
  - [Post-traumatic stress disorder | NIMH](#)
  - [PTSD awareness and education \(women\) | DBSA](#)

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# Online tools, cont'd

- Understanding trauma and PTSD
  - [Understanding trauma and PTSD | Mental Health America \(MHA\)](#)
  - [PTSD and trauma: Not just for Veterans | NAMI](#)
  - [War's enduring legacy: How does trauma haunt future generations? | APA](#)
  - [Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder \(PTSD\) in adults | APA 4](#)

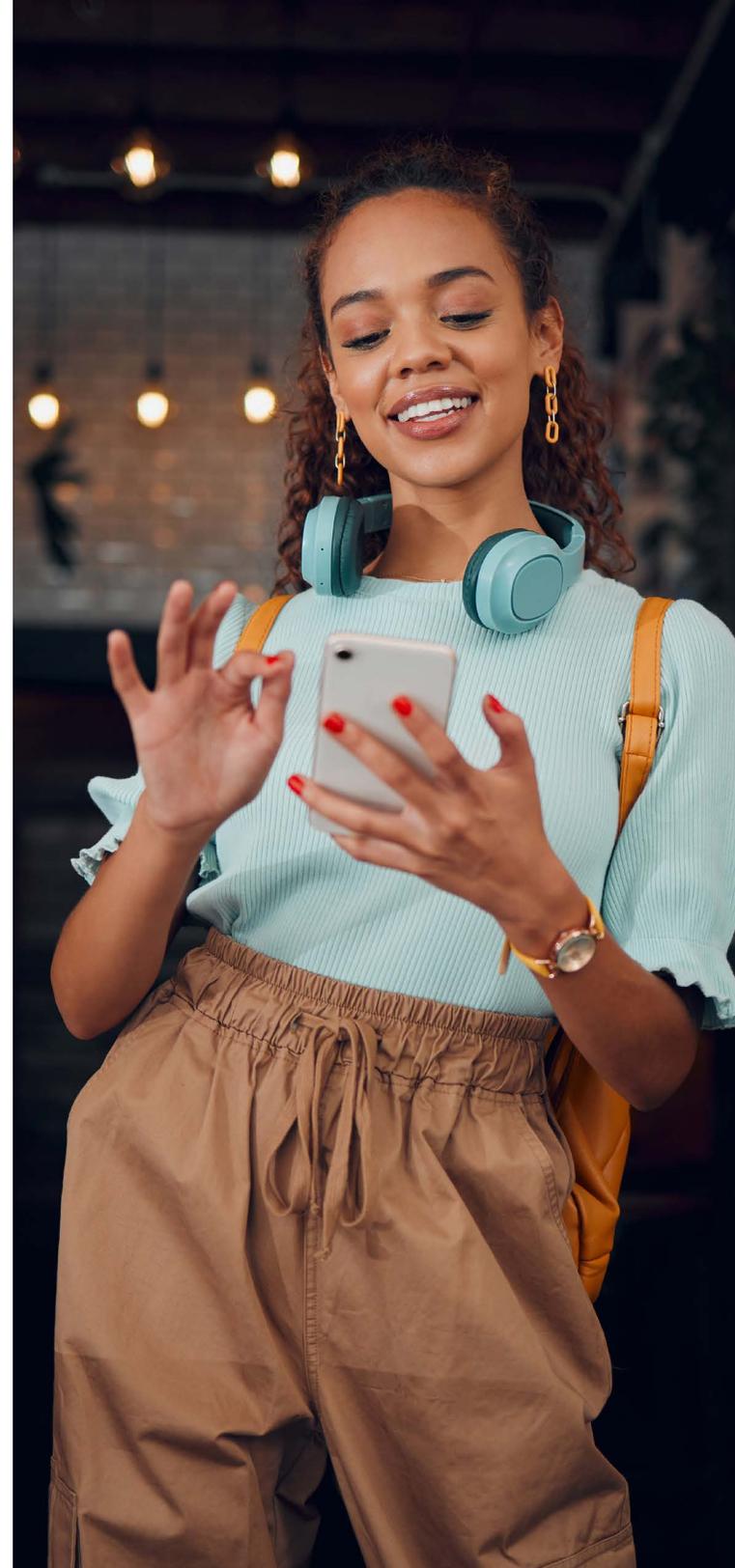
## 4. Children and adolescents with trauma

- [Adverse childhood experiences \(ACEs\), trauma, and mental health | DBSA](#)
- [Helping children and adolescents cope with traumatic events | NIMH](#)
- [Podcast: Addressing the youth mental health crisis | DBSA](#)
- [Trauma in children of Latinx immigrants | NAMI](#)
- [Suicide prevention for parents and caregivers | DBSA](#)
- Schools and trauma
  - [Webinar: Trauma informed practices in schools: Understanding racial trauma and cultivating wellness | MHA](#)
  - [How trauma impacts school performance | MHA](#)
  - [Supporting students facing trauma | MHA](#)
  - [Back to school: Understanding trauma | MHA](#)

## 5. Race- and ethnicity-based trauma

- Understanding racial trauma
  - [Racial Trauma | MHA](#)
  - [Racial trauma and communities of color: Assessment and treatment | MHA](#)
  - [Resources on trauma and healing, including a guide inspired by 'The Color Purple' | APA](#)
  - [DBSA outreach to the Black community | DBSA](#)
  - [Your trauma IS valid: The journey to understanding my PTSD | NAMI](#)
- [Indigenous communities and trauma | NAMI](#)

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# Online tools, cont'd

- [Trauma in children of Latinx immigrants | NAMI](#)
- [Navigating trauma as a refugee | NAMI](#)
- [Statistics about disparities in mental health care | DBSA](#)
- [The effects of racial trauma on mental health: Deaths captured on TV and media | NAMI](#)

## 6. LGBTQ+ and trauma

- [Trauma and internalized shame | NAMI](#)
- [Cultivating self-acceptance in the LGBTQ community | NAMI](#)
- [Trauma, discrimination and PTSD among LGBTQ+ people | PTSD: National Center for PTSD](#)
- [Trauma informed care for LGBTQIA+ patients | National LGBTQIA+ Health Education Center](#)

## 7. Managing trauma in the workplace

- [Trauma in the workplace: Supporting employees with trauma | Meditopia](#)
- [For leaders: Supporting employee mental health during traumatic events or challenging times | NAMI StigmaFree](#)

## 8. Providing trauma-informed care

- [Approaching mental health care with a trauma-informed perspective | NAMI](#)
- [Implementing trauma-informed care within organizations | MHA](#)

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# Recovery tools

## 1. Setting boundaries to support your mental health

- [8 tips on setting boundaries for your mental health | DBSA](#)

## 2. Coping with trauma

- [Adapting after trauma and stress | MHA](#)
- [Resources on trauma and healing, including a guide inspired by 'The Color Purple' | APA](#)
- [How to cope with traumatic stress | APA](#)
- [Six self-care tips on overcoming abuse-related trauma | NAMI](#)
- [How therapy helped me manage trauma | NAMI](#)
- [5 reminders for survivors of trauma | NAMI](#)

## 3. Coping with trauma as a caregiver

- [Caregiver trauma: Why it happens and what you can do about it | MHA](#)

## 4. Understanding how media exposure influences trauma response

- [Is a news and social media overload negatively affecting your mental health? | The Brink, Boston University](#)
- [Media exposure and the risk of post-traumatic stress disorder following a mass traumatic event: An in-silico experiment | NIH National Library of Medicine](#)
- [The effects of racial trauma on mental health: Deaths captured on TV and media | NAMI](#)
- [Mental health and media: Trauma-informed reporting guide | MHA](#)

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# Recovery tools, cont'd

## 5. Other perspectives for understanding and coping with trauma

- Personal stories of coping with trauma
  - [Healing from childhood trauma and dissociative identity disorder | NAMI](#)
  - [Your trauma IS valid: The journey to understanding my PTSD | NAMI](#)
  - [What safety means as a trauma survivor | NAMI](#)
- Faith and spirituality in trauma recovery
  - [Integrating faith & spirituality into trauma recovery | MHA](#)
  - [Addressing religious or spiritual dimensions of trauma and PTSD | PTSD: National Center for PTSD](#)
- Expressive art
  - [Expressive arts therapy: A sensory approach to trauma healing | NAMI](#)
  - [Trauma-informed approaches to expressive arts therapy: A toolkit for providers and clients | Mental Health Technology Transfer Center Network](#)
- Literature and trauma
  - [Literature as a lens to understand trauma | NAMI](#)
  - [Videos about trauma theory in literature](#)



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# Trauma support tools

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All links are available at [liveandworkwell.com](https://liveandworkwell.com). Find them at the **Personal Empowerment Kits** link under **Resources you can use right now** on the home page (no login needed).

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