



Cymru sy'n Ystyriol o Drawma
Trauma-Informed Wales

IMAGINE A WALES where kindness is the norm, where our first response to distress is understanding, not judgement. A Wales where organisations, communities and individuals work together to prevent harm and support recovery. This is the vision behind Trauma-Informed Wales - a national commitment to compassion, fairness, hope and care.

Trauma can happen to any of us. It might be a single event, a shared experience affecting whole communities or ongoing challenges over months or years. Some trauma begins in childhood and shapes how we see the world as we grow. What feels manageable to one person may be deeply distressing to another. Trauma can come from abuse, violence, loss, discrimination or feeling unsafe or excluded, both in person and online. It is often linked to unequal treatment, abuse of power and social structures that leave some people facing greater harm than others.

Healing from trauma is not just about what happened, but about what happens next. Supportive relationships, strong communities and responsive services all play a vital role. When these are hard to access, unkind or unfair, people can feel unsafe, unheard and mistrustful. This affects wellbeing, connection and confidence in the world around us.

A trauma-informed approach helps reduce harm and build trust. It recognises that anyone may be carrying trauma and encourages interactions that are compassionate, respectful and fair. It also understands how things like housing, education and income shape wellbeing and recovery, and acknowledges the lasting impact of racism, discrimination and oppression on individuals and communities.

The Trauma-Informed Wales Framework was co-created with people with lived experience, professionals and advocates. It supports everyone in Wales to take a trauma-informed approach in everyday life and across services. This includes creating environments that are safe and supportive not only for people accessing help, but also for staff working within services.

Becoming a trauma-informed nation is not just the role of government or services. Trauma-informed practice is a way of being - in our relationships, communities, workplaces and systems. Our actions matter, and this is something all of us can contribute to.