



Cymru sy'n Ystyriol o Drawma
Trauma-Informed Wales

SUMMARY POINTS

- Trauma-Informed Wales is a national commitment to compassion, kindness and fairness, recognising that trauma and adversity can affect anyone and can shape how people feel, think and connect with the world.
- Being trauma-informed isn't about knowing what has happened, but helping people with what happens next— how someone manages trauma and adversity is influenced by the support they can access, the relationships they have, and how the services and systems around them are designed, which can either help healing or deepen feelings of being unsafe and unheard.
- Being trauma-informed can help us better interact with and design services, so we avoid re-traumatising someone and build workplaces and services—alongside communities—through collaboration, dignity, trust and respect.
- All of us must play our part, by responding with compassion in everyday interactions and supporting trauma-informed practices in our communities, workplaces and services, we can all help make Wales a place where everyone feels safe, listened to and understood.