



Cymru sy'n Ystyriol o Drawma
Trauma-Informed Wales

When people talk about a trauma-informed Wales, it could sound like a policy or a strategy. but to me, its personal. I am someone who has experienced trauma across my life - in childhood, in my teenage years, and again in my adult hood. Trauma hasn't been a single event for me, it has been repeated, layered and long-lasting. and when trauma happens over time, it doesn't just affect what you remember - it affects how you feel safe, how you trust and how you see yourself.

For a long time, i felt like i had to explain myself everywhere i went. why i was so anxious. Why i shut down, why I struggle to cope with things that seemed "normal" to other people. Too often, i was seen as difficult instead of distressed. broken instead of hurting a problem instead of a person so when i hear the words trauma informed wales, what i hear is hope. To me, trauma-informed Wales is a country that understands that behaviour is communication. It's a Wales thats asks not "whats wrong with you?" but "what happened to you?"

It's a Wales where teachers recognise that a child acting out might be surviving something invisible. Where doctors understand that pain isn't always physical, where police, social workers and mental health services don't re-traumatise people the way they speak to them or treat them. A trauma-informed Wales is one where people like me don't have to retell our worst experiences just to be believed. Where systems are built with compassion, not suspicion. where services don't just react to crisis, but help prevent it.

For someone who has lived with trauma over 2 decades, this approach is life-changing, it means being met with patience instead of pressure it means being given choices instead of commands. It means feeling safe enough to ask for help without shame. Trauma-informed practice doesn't erase what happened to me, but it changes what happens next. It helps me rebuild trust - in professional, services and in myself. It reminds me that my responses make sense in the context of what i survived it gives me dignity where trauma once took it away.



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A trauma-informed Wales also means breaking cycles, because when trauma is understood instead of ignored, it is less likely to be passed. Children grow up with safer support families get help before things reach breaking point, communities become stronger, not because trauma disappears, but because people are not facing it alone. For me , this is not just about recovery it is about recognition.

Recognition that trauma shapes lives recognition that healing is possible recognition that kindness is not weakness - it is evidence based, and it work. Trauma-informed Wales means a future where people like me are not defined by what hurt us, but supported in how we heal. It means that my story - and stories like mine - are not just listened to, but learned from and most of all, it means that the next generation may grow up in Wales where survival is not mistaken for failure, and where understanding replaces judgement.

That is what trauma-informed Wales means to me.

Avril-Louise Bradley