

BROUGHT TO YOU BY
STUDENT DEVELOPMENT AND COUNSELLING DEPARTMENT

ABUSE, TRAUMA AND MENTAL HEALTH

Brought to you by:

By,



A member of the UCSI Group

Lakshmy Kumar *CHt., K.B., P.A.*
Registered Counsellor
Student Development and Counselling
Department



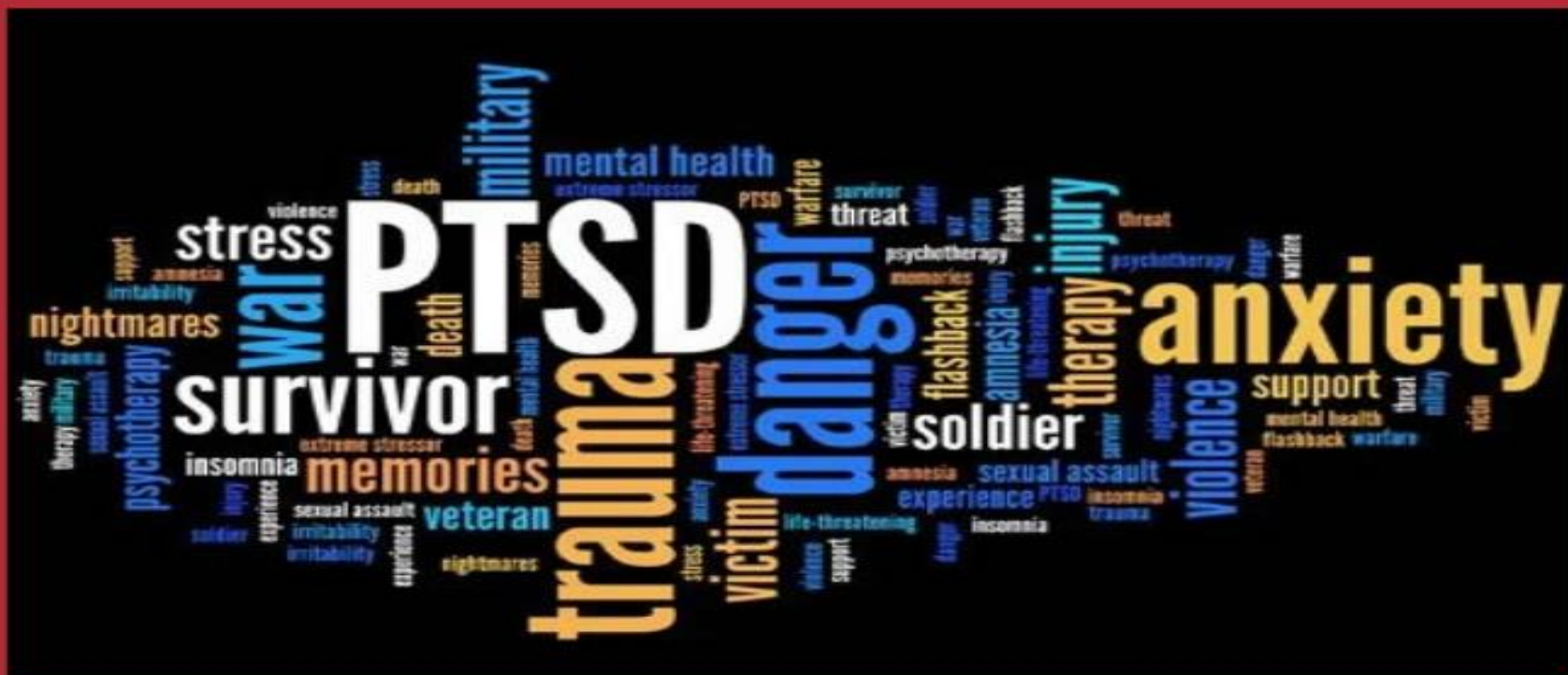


TRAUMA AND ABUSE ARE NEVER YOUR FAULT!!!

ABUSE, WHETHER PHYSICAL, EMOTIONAL, VERBAL OR SEXUAL CAN HAVE LONG-TERM EFFECTS ON YOUR MENTAL HEALTH. TRAUMA CAN AFFECT HOW YOU FEEL ABOUT YOURSELF AND HOW YOU RELATE TO OTHERS.

Individuals who have gone through abuse or other trauma have a higher risk of developing a mental health condition. You can get help to heal the physical, mental and emotional scars of trauma and abuse.

HOW ARE ABUSE AND TRAUMA RELATED TO MENTAL HEALTH?



ABUSE

Emotional, verbal, physical or sexual abuse may have happened during childhood or adulthood.

Experiencing abuse or other trauma puts people at risk of developing mental health conditions, such as:

TRAUMA

Trauma can happen after you experience an event that hurts you physically or emotionally. Trauma can have lasting effects on your mental, physical and emotional health.

- Anxiety Disorders
- Depression
- Post-Traumatic Stress Disorder
- Substance Abuse
- Borderline Personality Disorder

Cycle of Abuse

1 Tension Building

Tensions increase, breakdown of communication, victim becomes fearful and feels the need to placate the abuser.

2 Incident

Verbal, emotional and physical abuse. Anger, blaming, arguing, threats and intimidation.

3 Reconciliation

Abuser apologises, gives excuses, blames the victim, denies the abuse occurred or says that it wasn't as bad as the victim claims.

4 Calm

Incident is "forgotten", no abuse is taking place. The "honeymoon" phase.

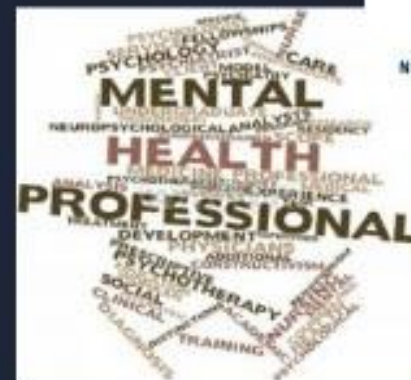


If you have been physically hurt, visit a hospital or doctor right away.

1. You may also need to call the police.
2. The doctor and the police can help to document what has happened to you.
3. This documentation may be important later if you decide to press charges against someone who attacked you.

If you are experiencing changes in how you think, feel or behave that are interfering with your ability to work or live your life normally, reach out to a mental health professional.

1. Find a mental health professional near you.
2. A mental health professional can help to identify any symptoms you may be having that are related to your abuse or trauma.
3. The professional can help you find the best treatment to manage symptoms of the abuse or trauma.



NGO OR NON-GOVERNMENTAL ORGANIZATION

IF YOU'RE IN IMMEDIATE DANGER, CALL 999.

YOU CAN ALSO CALL HELPLINES BELOW TO TALK ABOUT WHAT HAPPENED TO YOU OR GET GUIDANCE ABOUT WHAT TO DO:

Talian Nur 15999

Bukit Aman Malaysia Control Centre

03-2266 3333/ 2266 3344

Women's Aid Organisations (WAO)

03-7957 5636 / 0636

All Women's Action Society (AWAM)

03-7877 4221/ 016-237 4221 (Telenita Helpline)

Sisters in Islam

03-7960 3357/ 7960 5121/ 7960 6733

Befrienders Kuala Lumpur

03-7627 2929

HOW ARE ABUSE AND TRAUMA TREATED?

Symptoms caused by abuse or trauma can usually be treated with different types of **talk therapy, medicine, or both**. A **therapy** with a professional counsellor can help you work through your feelings and learn healthy ways to cope. **Medicines** might include antidepressants or anti-anxiety medicine.

Today, complementary mind and body therapies, such as **mindfulness and yoga**, may be offered along with traditional treatments such as medicines and therapy.

Student Development and Counselling Department



Student Affairs & Alumni, Level 9, Block G



sacounselling@ucsiuniversity.edu.my



UCSISDCD

Thank you!