



# Module 2: Trauma Manifestation

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# Lesson 4: Trauma Manifestation & Mental Health





# Reactions to trauma: Fight, flight, freeze, & fawn





# Trauma & Mental Health Disorders

Acute Stress  
Disorder (ASD)

Posttraumatic  
Stress Disorder  
(PTSD)







DEPRESSION



ANXIETY

SUBSTANCE  
USE



ADHD



**OTHER  
DISORDERS  
POTENTIALLY  
RELATED TO  
TRAUMA**



# Resources & Additional Learning

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VIDEO: THE EFFECT OF TRAUMA ON THE BRAIN AND  
HOW IT AFFECTS BEHAVIORS | JOHN RIGG |  
TEDXAUGUSTA

<https://www.youtube.com/watch?v=m9Pg4K1ZKws>

CHAPTER 3: UNDERSTANDING THE IMPACT OF  
TRAUMA

<https://www.ncbi.nlm.nih.gov/books/NBK207191/>

