



Dealing with Trauma: Supporting Mental Health

Salama does not experience life as a normal teenager; she is a young woman who sees more death and destruction than anyone should in one life time. Salama's fear is manifested in an imagined companion who haunts her and advises her: Khawf. In many ways, Khawf helps her to cope with the trauma that is happening around her.

There are many mental health resources available to students in Ontario who are suffering from trauma.

- Post Traumatic Stress Disorder (PTSD) is an illness which results from an experience of trauma. Learn more about PTSD (symptoms and supports) [here](#)
- Anxiety and Stress can also impact mental health and well-being. Check out the Student Resources at School Mental Health Ontario [here](#) and Children Mental Health Ontario resources [here](#).

Task: Create a poster which promotes awareness of mental health ONE resource or strategy. Be sure to check with Guidance to see what supports are available at your school.