



RECOGNISING INVISIBLE DISABILITY

Common signs of trauma

Psychosocial disability refers to the **functional impact and barriers** which may be faced by someone living with trauma.

It is important to be sensitive to the possible impacts of trauma when providing support as psychosocial disability is often an **invisible disability**.



CHILDHOOD SEXUAL ABUSE IS A COMMON CAUSE OF PSYCHOSOCIAL DISABILITY

The grooming process of manipulation, betrayal of trust and violation at an age when children should be kept safe by the adults around them leads to a fracture of their emotional development. **Many CSA survivors struggle with the impact of this in their adult lives.**

COMMON SIGNS OF PSYCHOSOCIAL DISABILITY

Discomfort in certain types of environments

Emotional dysregulation

Difficulty interacting meaningfully with others

Easily stressed with time pressures and multiple tasks

Misunderstand constructive feedback

Hoarding

Gambling

Drugs and alcohol

COPING MECHANISMS

Compulsive spending

Eating disorders

Risky behaviours



Reframe emotional distress as a trauma response



Visit steppingout.org.au for more resources and referrals