

FREAKING OUT?

MANY OF US FIND DENTAL APPOINTMENTS **OVERWHELMING**

IT'S **NORMAL** FOR TRAUMA SURVIVORS TO FEEL LIKE THIS



DID YOU KNOW THAT YOU CAN BRING SUPPORT TO DENTAL APPOINTMENTS?

I DON'T WANT TO BE HERE

I FEEL ASHAMED

MY BODY FEELS STRANGE



A SUPPORT PERSON CAN:

- CHECK YOU IN AND FILL IN FORMS
- STAY WITH YOU THE WHOLE TIME
- SPEAK FOR YOU WHEN YOU CAN'T
- HELP YOU REMEMBER AFTERCARE ADVICE

THIS POSTER WAS PRODUCED BY SURVIVORS AND ACADEMICS AT BRISTOL DENTAL SCHOOL AS PART OF OUR "IMPROVING ACCESS TO DENTISTRY FOR ADULT SURVIVORS OF CHILD SEXUAL ABUSE" RESEARCH PROJECT - MORE INFORMATION AND RESOURCES HERE: WWW.BRISTOL.AC.UK/CSA-SURVIVORS

SUPPORT IS AVAILABLE FOR SURVIVORS AND THEIR FRIENDS AND FAMILY HERE: [HTTPS://WWW.THESURVIVORSTRUST.ORG/FIND-SUPPORT](https://www.thesurvivorstrust.org/find-support)

