

## A FREE RESOURCE FOR UNDERSTANDING TRAUMA & ADDICTION.

Plain language. Grounded in research. Built from lived experience.

### // WHAT IT IS

---

A psychoeducation website. Roughly 60 pages covering what trauma is, how it shapes the nervous system, why it so often drives addiction, and what healing actually involves.

Every topic is heavily researched and well supported, then translated out of clinical jargon into the language of lived experience. Not to soften it. To make it land. The science is the same. The voice is human.

No slogans. No agenda.

### // WHO IT'S FOR

---

People carrying the weight of trauma and addiction together. People who've gotten stable or sober and are starting to ask why. People who support them.

You don't need a diagnosis to use it. You don't need to be in recovery. You don't need to know where to start.

### // WHAT YOU'LL FIND

---

- Why trauma and addiction are so often the same story
  - What the nervous system is actually doing — fight, flight, freeze, fawn
  - How shame works, and why it sticks
  - Why early sobriety can feel worse before it feels better
  - What different therapies are designed to do
  - Alberta-specific services, pathways, and supports
-

## HOW TO USE IT & WHAT TO KNOW.

### // HOW TO READ IT

---

Read at your own pace. Start with Why This Site Exists, then Start Here — that lays out an order. Or don't. Follow what catches you.

Some pages are heavier than others. If something opens too much too fast, close the tab. Come back when there's ground under you.

### // WHAT THIS SITE IS NOT

---

This site is **not therapy**. It doesn't diagnose, doesn't treat, and doesn't replace clinical care. It won't push anyone into trauma processing before they're ready.

What it is: language, context, and direction, so the questions you've been carrying have somewhere to land.

### // IF YOU'RE IN CRISIS

#### SUPPORT IS HERE.

Call or text **988** — Suicide Crisis Helpline (Canada, 24/7)

Alberta: dial **211** for community & mental health referrals

Distress Line: **780-482-HELP** (4357)

**911** in emergencies