

The 5 Rs

of the Psychological, Adversity
and Trauma-informed approach

1

Realising

the widespread impact of trauma and understanding potential paths for recovery.

2

Recognising

the signs of trauma in people, their families, staff and the system.

3

Resisting

retraumatisation.



4

Relationships

are acknowledged as the core enabler of healing and recovery pathways.

5

Responding

by fully integrating knowledge about trauma into policies, procedures and practices.

SECONDSTEP

PUTTING MENTAL HEALTH FIRST