

USEFUL SITES

- <https://www.verywellmind.com/what-are-the-effects-of-childhood-trauma-4147640>
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>
- <https://edenfutures.org/wellbeing/>
- <https://giveusashout.org/>