

I'm surrounded by people but I feel so alone...

My senses are numb; I need to protect
myself from what's going on around me



My heartbeat, digestion and breathing are slow, I'm
not moving - I don't want to draw attention to myself

I want to be invisible; I want to make the world go away

Why do I feel this way? Find out at:
www.scottishconflictresolution.org.uk



Freeze and Shutdown



“Don’t make a sound...”