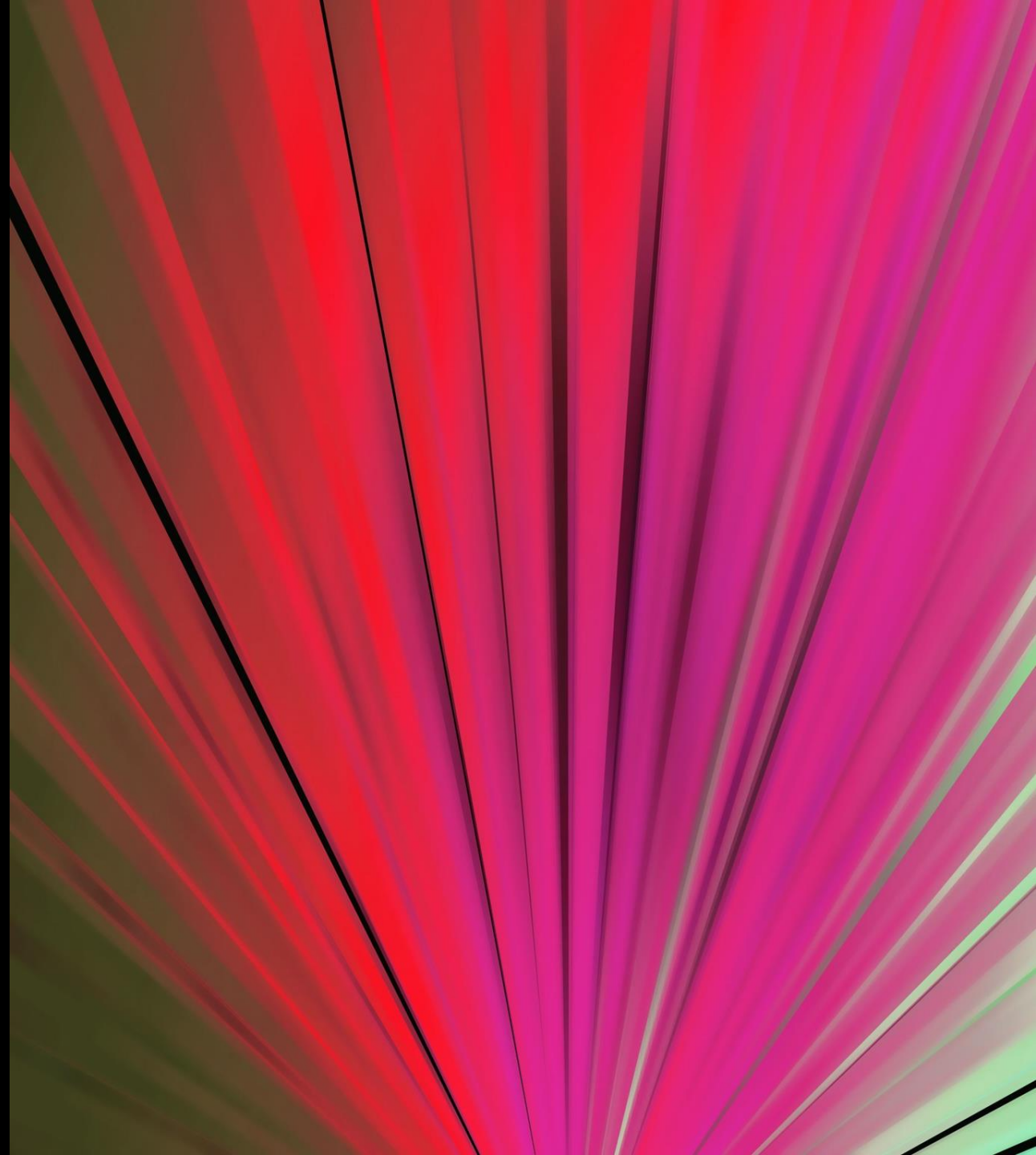



**CONNECTIONS
BETWEEN
POVERTY AND
TRAUMA**





CHRONIC STRESS OF POVERTY
AFFECTS BRAIN DEVELOPMENT
AND CONTRIBUTES TO MENTAL
HEALTH AND BEHAVIORAL ISSUES
IN CHILDHOOD AND ADULTHOOD

A close-up photograph of a woman with dark hair tied back, wearing a grey long-sleeved shirt. She is covering her face with her right hand, with her fingers spread, suggesting a state of distress, sadness, or mental health struggles. The background is a bright, out-of-focus window. The text is overlaid on the left side of the image.

PEOPLE LIVING IN
POVERTY ARE
LESS LIKELY TO
RECEIVE MENTAL
HEALTH CARE.

CHILDHOOD POVERTY CONTRIBUTES TO NEGATIVE HEALTH OUTCOMES ACROSS THE LIFESPAN

- Heart disease
- Diabetes
- Obesity
- Cancer



**TRAUMA
RELATED TO
POVERTY CAN
BE REDUCED**

- Supportive nurturing environment
- Increased government support for families living in poverty
- Education on parenting skills
- Mental health treatment

HELP REDUCE THE TRAUMA OF POVERTY

- Child tax credits
- Job opportunities with adequate pay
- Child care
- Paid maternity leave
- Work environments with flexibility for parenting

