



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Social and Cultural Support

One of the biggest indicators of building resilience after trauma is having a strong family, social and cultural support system (SAMHSA, 2013). Different age groups may respond better to different types of support groups, and what works for one age group may not work for another. Identifying with a culture and feeling a sense of belonging has been shown to have a strong correlation with individual resilience (SAMHSA, 2013).



Building Resilience Tips:

- Connect with supportive family members
 - Participate in social activities with friends
 - Engage in cultural activities that have significant meaning to you
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