

Having Safe Conversations About Difficult Experiences

This is a guide for trusted supporters who want to talk with people with intellectual disability about a difficult experience.

The guide explains:

- what trauma can look like
- how to get ready for the conversation
- what to do during the conversation
- how to end the conversation and give support afterward.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

Two people sitting on bean bags and talking next to a window.

This resource was made by

National Centre of Excellence in Intellectual Disability Health

The [National Centre of Excellence in Intellectual Disability Health](#) (the Centre) works to improve health services and the health system so people with intellectual disability can live their best, healthiest lives.

The Centre was funded by the Australian Government. It is part of the [National Roadmap for Improving the Health of People with Intellectual Disability](#).

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