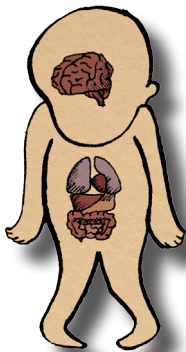


**I'm surrounded by people  
but I feel so alone...**

**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](http://www.scottishconflictresolution.org.uk)**

We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant.  
Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.



# Freeze and Shutdown



“Don’t make a sound...”