

Preventing trauma and suicide during catastrophic events and beyond

ACTIVITY: Use the [Pillars of Wellbeing](#) as a way to think about a catastrophic event/infrastructure disruption that has occurred or is occurring in your community. An example is included for the pillar of belonging/connection.

Pillar of Wellbeing	How might the Pillar be impacted by this catastrophic event? Who is most impacted?	How can the Pillar be reinforced during an infrastructure disruption due to a catastrophic event?
Belonging / Connection		
Safety		
Trust		
Dignity		
Hope / Aspiration		
Control of destiny / Self-determination		