

# PTSD

## POST TRAUMATIC STRESS DISORDER

POST-TRAUMATIC STRESS DISORDER IS A TYPE OF EMOTIONAL OR PSYCHOLOGICAL STRESS DISORDER THAT CAN DEVELOP AFTER EXPERIENCING SOMETHING LIFE-THREATENING OR TRAUMATIC; HOWEVER, HAVING A TRAUMATIC EXPERIENCE DOES NOT NECESSARILY MEAN YOU WILL DEVELOP PTSD.

GENERALLY, AN INDIVIDUAL WITH PTSD WILL EXPERIENCE A COMBINATION OF THE FOLLOWING SIGNS & SYMPTOMS:

- INTRUSIVE MEMORIES
- AVOIDANCE OF PLACES, ACTIVITIES, ETC.
- NEGATIVE FEELINGS & THOUGHTS
- HEIGHTENED REACTIONS
- IRRITABILITY
- FATIGUE & SLEEP ISSUES
- LOW SELF-WORTH
- MISPLACED GUILT
- DISSOCIATION
- BREATHING PROBLEMS
- DISORDERED EATING

TREATMENT FOR PTSD VARIES FOR EACH PERSON. OFTEN TIMES TREATMENT WILL INCLUDE MEDICATION MANAGEMENT OR THERAPY MODALITIES SUCH AS COGNITIVE BEHAVIORAL THERAPY (CBT), EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR), AND EXPOSURE THERAPY., EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR), AND EXPOSURE THERAPY.

PTSD CAN BE A DEBILITATING DISORDER CAUSING EMOTIONAL AND PHYSICAL PROBLEMS, IT IS IMPORTANT TO SEEK HELP WHEN SYMPTOMS ARE EFFECTING LIFE.

IT'S COMMON TO HAVE ANXIOUS OR DEPRESSIVE SYMPTOMS FOLLOWING A TRAUMATIC EXPERIENCE, AND THESE FEELINGS GENERALLY FADE OVER TIME. PTSD OCCURS WHEN SYMPTOMS BECOME WORSE OVER TIME, OFTEN MONTHS FOLLOWING THE TRAUMATIC EVENT THAT OCCURRED.

Each person's experience of PTSD is unique to them. You might have experienced a similar type of trauma to someone else, yet be affected in different ways.

\*If you or a loved one are experiencing harmful or intrusive thoughts or are in need of help see references below.

**National Suicide Prevention Lifeline:**

**1-800-273-8255**

**National Domestic Violence Hotline:**

**800-799-7233**

**Rape, Abuse, and Incest**

**National Network (RAINN) hotline:**

**800-656-4673**

If you feel there is a more immediate danger, call 911.\*

