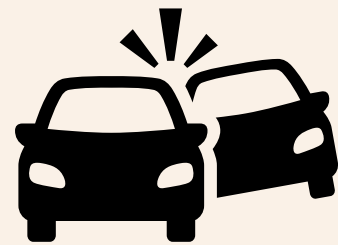


POST TRAUMATIC STRESS DISORDER



PTSD is a condition you can get after experiencing extreme stress or trauma

Examples include natural disasters, sexual trauma, war, domestic violence, car crashes, or bullying



Does PTSD only happen in veterans?

No. PTSD was first recognized in soldiers who returned from combat, but this does not mean it can only happen after going to war. There are many different traumatic experiences that can lead to PTSD.



What are signs of PTSD?

- Recurrent thoughts about the trauma
- Nightmares
- Flashbacks
- Avoiding things related to the trauma, like people, places, or certain items
- Not being able to remember parts of the trauma
- Self-blame
- Being unable to feel joy or positive emotions
- Feeling distant from others
- Anger outbursts
- Self-destructive behavior
- Feelings like fear, guilt or shame
- Being easily startled
- Poor sleep

Why do some people get PTSD, and others don't?

Most people will experience a trauma in their lifetime that could lead to PTSD, but most people don't develop it. Many things influence if someone gets PTSD, like how severe the trauma is, other stressors in your life, and the amount of support you get after the event. More research needs to be done to better understand this disorder.

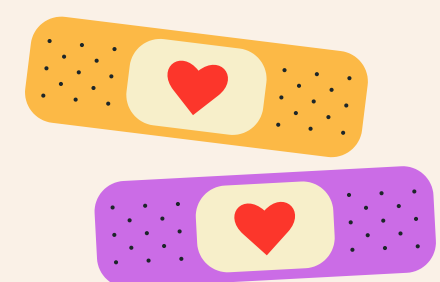
If you think you have PTSD, you are not alone

About 6% of the population has had PTSD at some point in their life



PTSD is Treatable

There are different treatment options for PTSD. Ask your provider to figure out what is best for you.



Options include talk therapy and medications to help with your mood and to reduce nightmares.

