

Understanding

Post-Traumatic Stress Disorder

Know the Facts

- PTSD affects 7.7 million Americans in a given year.
- PTSD can occur at any age, including during childhood.
- Anniversaries of the event are often very difficult for individuals with PTSD, so it is crucial to be extra supportive on those days.
- PTSD can lead to depression, substance abuse, and even suicide so getting treatment is vital.
- Nearly 20% of veterans returning from the Iraq and Afghanistan conflicts report symptoms of PTSD or major depression, but only about 50% seek treatment.
- **There are effective treatments for PTSD, including anti-anxiety medication and therapy that focuses on thinking patterns and facing fears.**

Source: National Institute of Mental Health

PTSD: What is it?

PTSD is a type of anxiety disorder that can result from experiencing a traumatic event. It is diagnosed after a person has experienced symptoms for at least one month, although symptoms can develop months or even years after the event took place. PTSD can be triggered by an assault, an accident, military combat, a disaster, or other similarly traumatic experience. Symptoms of PTSD interfere with every-day life but are treatable and manageable.

Symptoms

- Re-experiencing the traumatic event through flashbacks and nightmares
- Avoidance of places, people, and activities that reminder of the traumatic event or experience
- Difficulty sleeping and concentrating
- Irritability and feeling tense
- Feeling emotionally numb
- Feeling strong guilt, depression, or worry
- Losing interest in activities that were enjoyable in the past

In Crisis?

Suicide Prevention Lifeline:
1-800-273-TALK



CONFIDENTIAL SERVICES ARE

AVAILABLE AT:

UCTC

541-356-3227

