

# PTSD



## What is it?

PTSD, or post-traumatic stress disorder, is an anxiety problem that can develop after an extremely traumatic event such as, injury, violence, natural disaster, crime, or an accident. Everyone may experience a stressful event that might affect how you think or feel, and most of the time some will recover quickly and well. However, some might experience severe stress, and when you develop long term symptoms (longer than one month), which are upsetting or interfere with your relationships and activities, you may be diagnosed with PTSD.<sup>1</sup>

## Symptoms

Examples of PTSD symptoms can include:<sup>1</sup>

- Reliving the event over and over in thought or in play
- Nightmares and sleep problems
- Lack of positive emotions
- Intense ongoing fear or sadness
- Constantly looking for possible threats, being easily startled
- Avoiding places or people associated with the event



## How to Address it

The first step to treatment is talking with a healthcare provider to arrange an evaluation. For a PTSD diagnosis, a specific event must have triggered the symptoms, but you may not want to talk about the event, so this may require a mental health provider that is highly skilled. The first step after this may be getting support from family, friends, and others surround you, and also minimizing the chance of another traumatic event to the best extent possible.<sup>1</sup>

