PTSD

What is PTSD?

PTSD (Post Traumatic Stress Disorder) is a disorder that occurs in people who have just been through a traumatic event. Such events can be shocking, scary, or even dangerous. Most traumatized people experience symptoms of PTSD. However, some people develop chronic PTSD which can take over their lives.

Symptoms of PTSD

Effects of trauma and PTSD can get triggered for years after a traumatic event has happened.

Some symptoms of PTSD include:

- Flashbacks of trauma
- Nightmares
- Frightening thoughts
- Feeling tense
- Avoiding thoughts about the traumatic event
- Trouble remembering main parts of the traumatic event

How to Cope with PTSD

PTSD affects everyone differently. There is no one size fits all approach to treatment. It is important to start talking to a healthcare provider and get the help you need.

U.S. Department of Health & Human Services, (2022 Feb.) "What is PTSD" [What Is Mental Health? | MentalHealth.gov](#)