Post Traumatic Stress Disorder

If you have been diagnosed with PTSD, you have probably experienced a traumatic event in your life. These events are usually outside of the range of normal human experience and would negatively impact any normal person.

CAUSES

A person can get PTSD after living through or seeing a dangerous event such as:

- An automobile accident.
- War.
- Natural disaster.
- Rape.
- Domestic violence.
- Any event where there has been a threat to life.

PTSD is a real illness. PTSD Can happen to anyone at any age. Children get PTSD too. A doctor, or mental health professional with experience in treating PTSD can help you.

SYMPTOMS

(Not all symptoms may be present in any one person)

- Distressing dreams.
- Flashback: feeling the frightening event is happening again.
- Avoiding activities, places, and people that remind you of the event.
- Avoiding thoughts and feelings associated with the event.
- Having frightening thoughts you cannot control.
- Feeling on the edge – with increased alertness and vigilance.
- Trouble sleeping.
- Feeling alone, detached from others.
- Angry outbursts.
- Feeling worried, guilty or sad.
- Having thoughts of hurting yourself or others.

PTSD may start soon after a frightening event or months or years later. Many war veterans have PTSD. Drinking alcohol or using drugs will not help PTSD and may even make it worse.

TREATMENT

PTSD can be treated. Treatment may include “talk” therapy, medicine, or both. Either a doctor or a mental health professional who is experienced in treating PTSD can help you. Early diagnosis and treatment is best and can show more rapid improvement. Get help if you or a loved one are thinking of hurting yourself. Call your local emergency medical services if you need help immediately.

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