

# Posttraumatic Stress Disorder (PTSD)



# What is Posttraumatic Stress Disorder

- **a psychiatric disorder that may develop if a traumatic event is experienced or threatened with death, sexual violence or serious injury. Examples war/combat or rape**
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- **the exposure could be indirect. This can occur in an individual learning about the violent death of a close family or friend. It can also occur as a result of repeated exposure to horrible details of trauma**



# PTSD Symptoms



- Upsetting memories and dreams
- Distress to reminder of the traumatic event
- Avoidance of any reminders of the traumatic event
- Negative thoughts
- Self-blame
- Feeling detached
- A negative emotional state
- Irritability
- Easily startled
- Poor sleep



# Helpful Steps For Adults After A Disaster



- Eat, exercise, and get rest.
- Avoid using alcohol or drugs.
- Find healthy ways to relax, such as breathing exercises, meditation, mindfulness, calming self-talk, soothing music.
- Engage in fun and restoring activities..
- **Limit exposure to television and social media content about the disaster.**
- Stay connected to give and receive support.
- **Remind yourself and others that its normal to have many different feelings.**

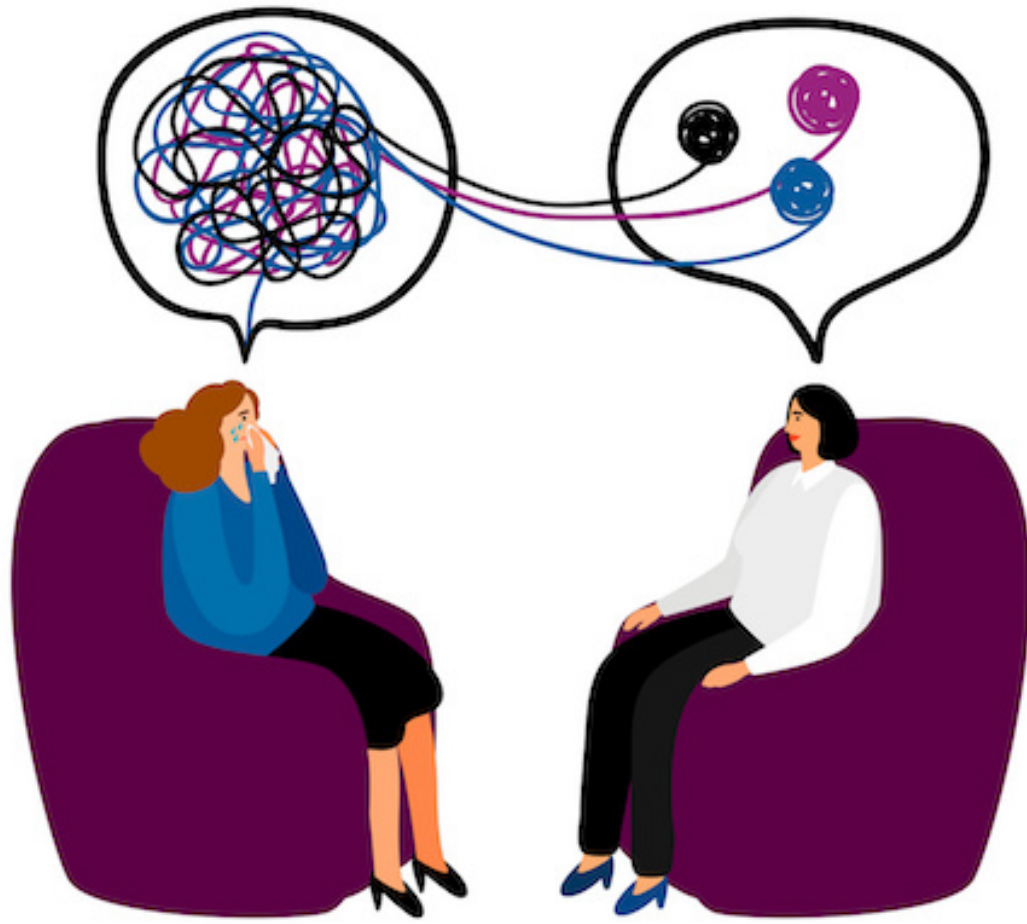


## Important Note:

- Not everyone who experiences trauma develops PTSD or requires treatment.
- Symptoms of PTSD subside or disappear over time for some.
- Others get better with the help of their family, friends and/or clergy.
- Some will need professional treatment to recover from psychological distress.
- **This distress is not the individual's fault, and PTSD is treatable. The earlier a person gets treatment, the better chance of recovery.**



# Treatment for PTSD



- **Individual Therapy:** help a person face and gain control of fear and distress and learn to cope.
- **Group therapy** encourages survivors of similar traumatic events to share their experiences.
- **Medication** can help to control the symptoms of PTSD.

# Where Can I Get Help?

Talk to your primary care provider

Community Mental Health Center

Call insurance company and ask for list of mental health provider  
(therapist and/or psychiatrist)

<http://finder.psychiatry.org>

Call 211 for local services for support or go on 211.org

Disaster Distress Helpline 1-800-985 5990

Crisis Textline text TALK to 74174