

# POST-TRAUMATIC STRESS DISORDER AWARENESS DAY

PTSD is a mental health condition that develops after experiencing or witnessing a life-threatening event and can affect **anyone**.

## 12 MILLION

Americans are living with post-traumatic stress disorder

## COMMON CAUSES OF PTSD

- War and combat
- Natural disasters
- Sexual, domestic, racial or community violence
- Loss of a loved one
- Loss of a job
- Illness, surgery or unreasonable amounts of tension or stress

## SYMPTOMS OF PTSD

- Recurring flashbacks or nightmares
- Negative changes in mood and thinking, such as guilt and loss of interest in activities
- Changes in reactivity
- Experiencing hypervigilance

## TREATING PTSD

**Talk therapy:** Visualizing, talking about or thinking about the event until it becomes less unsettling

**Medications:** Some symptoms can be treated medicinally

To speak to a trained crisis counselor, **CALL OR TEXT 988**. If you're a veteran, press "1" to speak with a responder qualified to support veterans.

For emergencies or medical assistance, **CALL 911**.