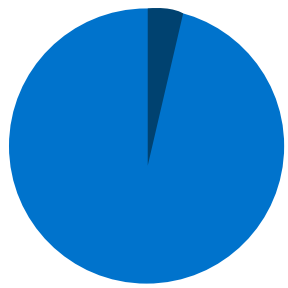


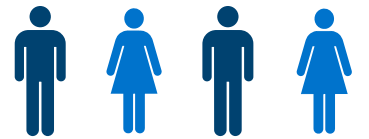
WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



6%

of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.



Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers



Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



Avoidance

- Avoiding Crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

Do you have PTSD Symptoms?

- Answer 5 questions to see if your thoughts and feelings are related to PTSD: www.ptsd.va.gov/screen
- Learn about and compare effective treatment options using the PTSD Treatment Decision Aid: www.ptsd.va.gov/decisionaid
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: www.ptsd.va.gov

National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

VA



U.S. Department
of Veterans Affairs