







Post-Traumatic Stress Disorder (PTSD)

Symptoms

- Flashbacks reliving the traumatic event
- Insomnia - difficulty sleeping
- Nightmares
- Avoiding thinking or talking about things that remind you of the trauma
- Irritability
- Difficulty concentrating
- Loss of interest
- Isolation and detachment from others

Myth Busters

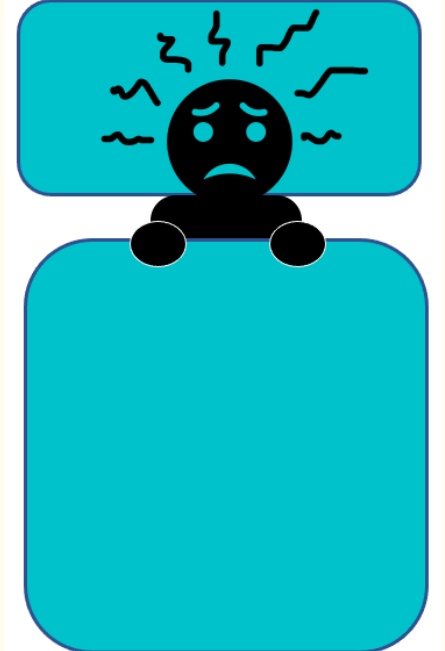
-  "PTSD always happens immediately after trauma"
-  "Only soldiers can have PTSD"
-  "*Everyone* who experiences trauma will develop PTSD"
-  PTSD is treatable and can affect anyone who experiences trauma.

PTSD is a mental health condition that may develop in people who have experienced/witnessed a traumatic event

Treatment

There are a number of treatments available:

- Psychological therapies
- Medication
- Support groups



It's always best to speak to a health care professional to advise you on what would suit you best.

Causes of PTSD

PTSD can develop after a stressful event. Examples include:

- Physical or sexual assault
- Serious accidents
- Bullying
- War

Everyone deals with trauma differently so causes will vary between people and their own individual experiences.

Tips for living with PTSD

- Reach out to someone you trust and talk to them about it.
- Make an appointment with a doctor or mental health professional. They can offer you a treatment that best suits your needs
- If you want to find out more about PTSD, visit: YoungMinds.org.uk