

6.18: Post-Traumatic Stress Disorder (PTSD)

What is PTSD? It is a mental health condition that can occur in people who have experienced a traumatic event. Symptoms include flashbacks, nightmares, and severe anxiety.

What are the symptoms of PTSD?

- Re-experiencing the traumatic event through flashbacks, nightmares, or thoughts.
- Avoiding reminders of the event.
- Negative changes in thoughts and feelings.
- Increased arousal and reactivity.

How is PTSD diagnosed? A mental health professional will ask about the traumatic event and the symptoms. They will also rule out other conditions that could cause similar symptoms.

PTSD Symptoms

-s_ Flashbacks and Nightmares

Flashbacks and nightmares are common symptoms of PTSD. Flashbacks are when you feel like you are reliving the traumatic event. Nightmares are bad dreams about the event.

How do flashbacks and nightmares affect you? They can be very scary and make you feel like you are back in the traumatic event.

-v_ Avoidance and Numbing

Avoidance and numbing are other symptoms of PTSD. Avoidance is when you try to avoid anything that reminds you of the event. Numbing is when you feel like you are not feeling anything.

-u_ Stay alert all the time

Stay alert all the time is a symptom of PTSD. It is when you are always on edge and you have a hard time relaxing.

PTSD is a serious condition, but it can be treated. If you think you have PTSD, talk to a mental health professional.

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