

June 1<sup>st</sup>, 2021

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<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/svc-20355967>

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/>

<https://www.heroesmile.com/complex-ptsd-symptoms-and-treatments-for-veterans/>



# Post-Traumatic Stress Disorder Awareness Month

## What is Post-Traumatic Stress

Post-traumatic stress disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

Although it is normal for people to feel afraid during a traumatic situation and experience the “fight-or-flight” response that protects us from harm, we are typically able to recover from the symptoms of this trauma, naturally. However, it becomes Post-Traumatic Stress when we continue to experience problems from the trauma, long-term.

## TREATMENTS AND THERAPIES

The main treatments for people with PTSD are medications, psychotherapy (“talk” therapy), or both. Everyone is different, and PTSD affects people differently, so a treatment that works for one person may not work for another. It is important for anyone with PTSD to be treated by a mental health provider who is experienced with PTSD. Some people with PTSD may need to try different treatments to find what works for their symptoms.

If someone with PTSD is going through an ongoing trauma, such as being in an abusive relationship, both of the problems need to be addressed.

## When to get emergency help

If you think you may hurt yourself or attempt suicide, call 911 or your local emergency number immediately. If you know someone who's in danger of attempting suicide or has made a suicide attempt, make sure someone stays with that person to keep him or her safe. Call 911 or your local emergency number immediately. Or, if you can do so safely, take the person to the nearest hospital emergency room.

## Post-Traumatic Stress Disorder (PTSD)



Avoid Thinking of the Trauma



Avoid Talking of the Trauma



Easily Frightened



Negative Mood



Negative Thinking



Always on Guard



Avoiding Places



Avoiding Activities



Flashbacks



Cannot Concentrate



Aggressive Behavior