



PTSD

Understanding. Support. Healing.



Post-Traumatic Stress Disorder (PTSD) can develop after experiencing or witnessing a traumatic event. It is a real and treatable condition. With the right support, recovery and healing are possible.

WHAT IS PTSD?

PTSD is a mental health condition that some people develop after experiencing or witnessing a traumatic event such as:

- Combat or military experiences
- Serious injury or illness
- Physical or sexual assault
- Domestic or community violence
- Accidents or natural disasters
- Sudden or unexpected loss

Everyone reacts differently to trauma. Having symptoms is not a sign of weakness.



COMMON SYMPTOMS

Symptoms can vary in intensity and may come and go. They are grouped in four areas:

- INTRUSION SYMPTOMS**
 - Flashbacks
 - Nightmares
 - Distressing memories
 - Intense emotional/physical reactions to reminders
- AVOIDANCE SYMPTOMS**
 - Avoiding people, places, or things that remind you of the trauma
 - Feeling detached or numb
- NEGATIVE CHANGES IN MOOD & THINKING**
 - Negative thoughts about yourself or others
 - Loss of interest in activities
 - Feeling guilt, shame, or hopelessness
 - Trouble remembering parts of the event
- CHANGES IN AROUSAL & REACTIVITY**
 - Feeling on edge or easily startled
 - Irritable or angry outbursts
 - Trouble sleeping
 - Difficulty concentrating

YOU ARE NOT ALONE

PTSD can affect anyone. It is not your fault.



Healing is possible. You can move from surviving to thriving.



HOW PTSD CAN AFFECT DAILY LIFE

- Affects focus, memory, and decision making
- Can strain relationships and trust
- May impact work, school, and daily responsibilities
- Can interfere with sleep and restoration
- May affect physical health and well-being
- Can make it hard to feel safe or connected

These effects are normal responses to an abnormal event.



EFFECTIVE TREATMENTS

Many evidence-based treatments can help reduce symptoms and support healing.

- Heart icon: Trauma-Focused Therapy (TF-CBT, CPT, PE) helps process the trauma
- Heart icon: EMDR (Eye Movement Desensitization and Reprocessing)
- Heart icon: Medication can help manage specific symptoms
- Heart icon: Skills-based therapies for stress regulation, mindfulness, and emotional coping
- Heart icon: Support groups and connection

Treatment is not one-size-fits-all. We will work together to find what supports you best.

COPING STRATEGIES THAT CAN HELP

- Heart icon: Grounding techniques (5-4-3-2-1, deep breathing)
- Heart icon: Safe routines and structure
- Heart icon: Movement and exercise
- Heart icon: Journaling or creative expression
- Heart icon: Connecting with supportive people
- Heart icon: Limiting alcohol and substances
- Heart icon: Practicing self-compassion
- Heart icon: Asking for help when you need it



WHEN TO REACH OUT

Consider reaching out if you:

- Heart icon: Have flashbacks or nightmares often
- Heart icon: Feel numb, hopeless, or helpless
- Heart icon: Avoid people, places, or activities
- Heart icon: Are on edge, irritable, or easily startled
- Heart icon: Have trouble sleeping or concentrating
- Heart icon: Feel unsafe most of the time
- Heart icon: Have thoughts of harming yourself

You don't have to go through this alone. Support is here, and help works.

SELF-CARE REMINDERS

- Be gentle with yourself
- Rest is productive
- Small steps matter
- You are stronger than you think

REMEMBER

- Heart icon: Your reactions make sense.
- Heart icon: Healing takes time.
- Heart icon: It's okay to have hard days.
- Heart icon: You are allowed to have a good life.
- Heart icon: There is hope.



MY SUPPORT PLAN

- People I can reach out to: _____
- Things that help me feel calm: _____
- Crisis resources I can contact: _____
- I will reach out when: _____



Healing is a journey. You don't have to walk it alone.



You are not what happened to you. You are what you choose to become.

