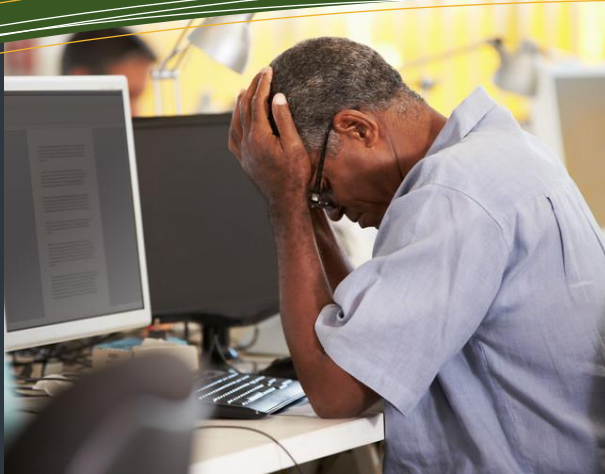


# Post Traumatic Stress Disorder

## What is Post Traumatic Stress Disorder?

Post Traumatic Stress Disorder (PTSD) is a type of anxiety disorders which you may develop after being involved in or witnessing traumatic events. PTSD results from an event, series of events, or set of circumstances that is experienced by an Individual as physically or emotionally harmful or threatening. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.



## Types of Post Traumatic Stress Disorder.

**PTSD might be mild, moderate or severe depending on the situation.**

**Delayed onset PTSD or delayed PTSD:** If your symptoms emerged more than six months after experiencing trauma.

**Complex PTSD:** If you are experiencing trauma at an early age or it lasted for a long time, you might be given a diagnosis of such

**Birth Trauma:** PTSD that developed after a traumatic experience of child birth.

**Secondary Trauma:** If you are experiencing some PTSD while supporting someone close to you, who experienced trauma.

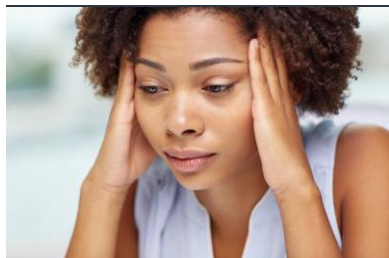
The individual may feel emotionally, cognitively and physically overwhelmed because they have not integrated the trauma and laid it to rest. American Psychiatry Association (APA) , 2013.

### FACTS ABOUT PTSD

PTSD is treatable by a mental health professional.

PTSD requires a medical diagnostics

About half of people with PTSD may recover in few months without treatment



# SYMPTOMS OF POST TRAUMATIC DISORDER

## RISK FACTORS OF PTSD

- DOMESTIC VIOLENCE
- SEXUAL ABUSE
- NATURAL DISASTERS
- ARMED ROBBERY ATTACK
- STRESS ACCIDENT EG. PLANE CRASHES
- KIDNAPPING ACTIVITIES
- EXPOSURE TO COMMUNAL/ RELIGIOUS CLASHES
- WAR
- TERRORISM
- POLITICAL VIOLENCE
- FORCED DISPLACEMENT
- PREGNANCY ETC.

Post traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event.

These symptoms cause significant problems in social or work situations and in relationships.

They can also interfere with your ability to go about your normal daily tasks.

These symptoms include;

- Shock
- Denial
- Disbelief
- Irritability
- Mood swings guilt
- Shame & self-blame
- Difficulty concentrating
- Anxiety and fear
- Increases or decrease awareness of surrounding
- Withdrawing from others strained relationships
- Feeling disconnected or numb
- Insomnia or nightmares
- Racing heartbeat, aches and pains
- Fatigue
- Edginess and

**When to seek HELP?**

If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to a mental health professional.

Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse.