

POST TRAUMATIC STRESS DISORDER (PTSD)

What is post-traumatic stress disorder (PTSD)?

- PTSD happens to people who see and live through very scary and terrible events, such as war, a hurricane, rape, or an accident.
- When you have PTSD you feel afraid and upset for a long time after the event is over.

What are the signs of PTSD?

- Having bad dreams and memories
- Feeling like the bad event is happening again
- Staying away from people that remind you of what happened
- Feeling worried, guilty, or sad
- Having trouble sleeping
- Feeling angry or scared



What do I need to do to feel better?

- See your doctor to find out if you have PTSD
- Treatment may include “talk” therapy, medicines or both
- It may take 6 to 12 weeks before you feel better. For some people it takes longer.
- Treatment is not the same for all. What works for you may not work for others.
- Contact a local support group to learn more about PTSD

What more should I know about PTSD?

- Drinking alcohol and using drugs will not help PTSD go away and may make it worse.
- If you have thoughts of hurting yourself call your doctor or 911 right away.

To see a doctor and learn more about PTSD, call
Zufall Health Center 973-328-3344