

Post-Traumatic Stress Disorder (PTSD)

What is a traumatic event?

An event or experience that causes someone to experience intense fear, often fearing for their life. During this experience they might feel distressed, out of control or helpless.

What is PTSD?

PTSD is something that can be experienced after trauma, a reaction to the trauma. This can happen soon after the stressful event or it might not happen for 6 months or longer.

What are the main symptoms of PTSD?

Re-living the trauma (feeling as though the trauma is happening again and again). This can happen through:

- 'Flashbacks'
- Nightmares
- Disturbing memories during the day

Feeling numb or becoming avoidant

- Unable to feel emotions
- Become distant from others
- Concentration difficulties, forgetfulness
- Avoid reminders of the trauma
- Time passes without knowledge of where you are

Being on alert

- Feeling jittery, on edge or watchful
- Sleeping difficulties
- Can be startled easily
- Irritable

All of these can lead to difficulties at school, impact on social lives and home life, as well as physical functioning and bodily aches and pains.

