

Have you experienced a dangerous event such as a bad accident or conflict/war?

Has it stressed you out and prevented you from carrying out your daily activities?

Have you been feeling nervous or afraid for weeks or months later?

If you answered "yes" to these questions, you might be suffering from:

## POST-TRAUMATIC STRESS DISORDER

Let us help you know what you can do.

## What is Post-Traumatic Stress Disorder?

Post-Traumatic Stress Disorder (PTSD) is a condition related to experiencing distress after living through or witnessing a dangerous or life-threatening event due to which you feel afraid and nervous for weeks and months after the event has occurred.

### Post-Traumatic Stress Disorder

can happen to anyone, even children.



## What are the signs and symptoms of Post-Traumatic Stress Disorder?



Recurring bad dreams and trouble sleeping



Flashbacks or feeling like the event is happening again



Scary thoughts you cannot control



Feeling worried, guilty, or sad



Feeling alone



Excessive concern and alertness to danger



Reacting strongly to loud noises or unexpected movements



Avoiding places and things that remind you of the event



Thoughts of self-harm / suicide

## What causes Post-Traumatic Stress Disorder?

Living through or witnessing a dangerous event such as:



Torture, physical violence



Violent death of a person you care about



War or conflict



Car accident



Crime (robbery or shooting)



Natural disasters (earthquakes etc.)

## Can Post-Traumatic Stress Disorder be treated?

Yes  No

## How is it Post-Traumatic Stress Disorder treated?



### Psychosocial support

- Talking with people you trust as most people feel better after they talk about their feelings with someone who cares about them.
- Keeping your relationship with your friends.
- Trying to find solutions for your problems.



### Psychotherapies

- Talk therapies that have proven to be effective such as:
- Cognitive Behavioural Therapy (CBT)
  - Trauma Focused-CBT (TF-CBT)
  - Eye Movement Desensitization and Reprocessing (EMDR)

## How YOU can help yourself?



Continue normal daily routines as much as possible.



Talk with people you trust about how you feel or what happened but only when you are ready to do so.



Engage in relaxing activities to reduce anxiety and tension (e.g. breathing exercises).



Do regular physical exercise:

- walking 45 minutes 3 times per week.



Maintain a regular sleep cycle:

- Getting out of bed at the same time every day even if the quality of sleep was not good in the previous night.
- Avoiding staying in bed during the day.



Avoid resorting to negative ways to try to cope with Post-Traumatic Stress Disorder symptoms such as drinking alcohol or taking medications without a prescription because they are not useful and may lead to negative consequences.



**Pay attention to ideas of self-harm or suicide; if these thoughts occur, seek help immediately.**

**It is important to visit your healthcare provider to help you get back to your usual activities faster.**

## What are the benefits of visiting a healthcare provider?

The healthcare provider can:

- assess your symptoms to determine your health condition.
- help you find the best treatment option for you.
- speed up the process of recovery.
- screen for other medical conditions you may have.
- prevent your condition from worsening.
- provide psychosocial support.
- refer you to mental health specialists who can help you further, if needed.



### Questions:

If you have any questions, write them down below in order to discuss them with your health care provider during your next visit:

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