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. 

Living through or witnessing a dangerous event such as:
- 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
- Scared of blood or injury
- Thoughts of self-harm / suicide
- Feeling fatigued
- Feeling irritable
- Feeling isolated
- Lack of concentration
- Feeling detached
- Difficulty remembering details of the event
- Feeling numb
- Feeling anxious

POST-TRAUMATIC STRESS DISORDER can happen to anyone, even children.

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:

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.

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.)

Let us help you know what you can do.
Can Post-Traumatic Stress Disorder be treated?

Yes  No

How it is 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)

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.

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

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.

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

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.

Psychosocial support
Talking 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).

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?

- 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.

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.

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

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

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.

What are the benefits of visiting a healthcare provider?

- 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.

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.

What are the benefits of visiting a healthcare provider?

- 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.

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.

What are the benefits of visiting a healthcare provider?

- 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.

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.

What are the benefits of visiting a healthcare provider?

- 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.

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.

What are the benefits of visiting a healthcare provider?

- 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.

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.

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.

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.

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.