

# Post-Traumatic Stress Disorder (PTSD):

PTSD is when stress from a traumatic event does not go away. PTSD can happen when a person feels their safety is threatened and can disrupt a person's mental health, emotions, and relationships

## Possible Causes of PTSD



Mass  
Violence



Childhood  
Trauma



Abuse/Domestic  
Violence



Military/Veteran

## Common Symptoms



Life-threatening events and the experience of extreme fear associated with those events can cause many behavioral responses including: poor sleep, hyper-vigilance, nightmares, flashbacks, emotional numbing, and trouble concentrating.

## When to Get Professional Help



If several months have passed since the traumatic event took place and you continue to experience symptoms of acute stress, it is time to seek professional help. There are scientifically proven methods to treat PTSD. Look for a therapist who has specialized training in the treatment of trauma-related disorders.

If you or a family member needs help, call the Cardinal Innovations Access Line at 1.800.939.5911. This line operates 24 hours a day, 365 days a year.