

A REAL ILLNESS

Post-Traumatic Stress Disorder (PTSD)

Does This Sound Like You?

Have you lived through a scary and dangerous event? Please put a check in the box next to any problems you have.

- Sometimes, all of a sudden, I feel like the event is happening over again. I never know when this will occur.
- I have nightmares and bad memories of the terrifying event.
- I stay away from places that remind me of the event.
- I jump and feel very upset when something happens without warning.
- I have a hard time trusting or feeling close to other people.
- I get mad very easily.
- I feel guilty because others died and I lived.
- I have trouble sleeping and my muscles are tense.

If you put a check in the box next to some of these problems, you may have **Post-Traumatic Stress Disorder (PTSD)**.

Most people have some stress-related symptoms after a trauma.

If those symptoms don't fade after a month, it might be posttraumatic stress disorder (PTSD).

Get Help Now

Early psychotherapy can make a difference. Ask your provider about:

- Cognitive Processing Therapy
- EMDR Therapy
- Prolonged Exposure Therapy

Research shows these treatments work.

Talking to a specially trained doctor or therapist, or with other people who went through experiences like yours, helps many people with PTSD. This is called "therapy".

Therapy can help you work through your terrible experience.

WHAT IS PTSD?

PTSD is a real illness. People may get PTSD after living through a disturbing or frightening experience. It can be treated with medicine and therapy.

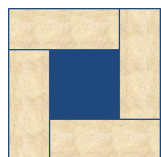
You can get PTSD after you have been:

- Raped or sexually abused
- Hit or harmed by someone in your family
- A victim of a violent crime
- In an airplane or car crash
- In a hurricane, tornado, or fire
- In a war
- In an event where you thought you might be killed, or
- After you have seen any of these events

If you have PTSD, you often have nightmares or scary thoughts about the experience you went through. You try to stay away from anything that reminds you of your experience.

You may feel angry and unable to trust or care about other people. You may always be on the lookout for danger. You can feel very upset when something happens suddenly or without warning.

You are not alone. In any year, 5.2 million Americans have PTSD.



INVENTIVE COUNSELING

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You **can** feel better.