



# Did you know?

## You are not alone

Posttraumatic stress disorder affects nearly 8 million U.S. adults. According to the National Center for PTSD, trauma is not rare. Six out of every 10 men and 5 out of every 10 women will experience at least one traumatic event in their lifetime.

## PTSD doesn't discriminate

Adults, children, teens, and the elderly as well as people across races, ethnicities, and socioeconomic levels can experience PTSD.

## What is PTSD?

PTSD is a group of symptoms developed after experiencing or witnessing severe emotional distress or physical harm such as a car accident or natural disaster. Signs include re-experiencing the trauma through flashbacks, difficulty sleeping/eating, hyper-vigilance, and emotional numbness or avoidance of places that can remind a person of the event.

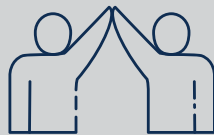
PTSD can result from a single or repeated events and typically begins within three months of the traumatic incident, but sometimes much later.

Veterans are particularly vulnerable to developing PTSD because they are more likely to experience dangerous, life-threatening situations which can cause high levels of anxiety or hyper-vigilance.

## Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

## Treatment works!

Seeking professional help when struggling with PTSD is always a good idea. Social support is key to maintaining emotional health and well-being.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line

Contact the **Crisis Text Line** by texting 'TALK' to 741741

Call the **Suicide Prevention Lifeline** at 1-800-273-8255

*The Lifeline has a new feature specifically for veterans and their friends and families – by calling and pressing '1' you will be transferred to speak with a trained individual from a call center specifically for veterans.*

MindWise.org

