



HEALTH
NETWORK

Post Traumatic-Stress Disorder (PTSD) FACT SHEET

What is Post-Traumatic Stress Disorder (PTSD)?

PTSD is a serious mental health condition that can develop after exposure to a traumatic event or series of events. It can affect anyone, regardless of age, gender, or background. Understanding PTSD is essential for those who may be at risk or are supporting someone with this condition.

Common Causes:

PTSD can result from various traumatic experiences, including but not limited to:

- Combat or military service, physical assault or violence, natural disasters, serious accidents or injuries, sexual assault or abuse, childhood abuse or neglect, witnessing traumatic events

Key Symptoms:

PTSD symptoms can be distressing and impact daily life. Common signs include:

1. *Flashbacks*: Reliving the traumatic event through vivid memories, nightmares, or intrusive thoughts.
2. *Avoidance*: Avoiding places, people, or situations that remind the individual of the trauma.
3. *Negative Changes in Mood*: Persistent feelings of guilt, shame, anger, fear, and difficulty experiencing positive emotions.
4. *Hyperarousal*: Feeling constantly on edge, easily startled, having trouble sleeping, and experiencing irritability.
5. *Isolation*: Withdrawing from friends and family, feeling detached from others.
6. *Difficulty Concentrating*: Struggling to focus on tasks, make decisions, or recall important details.

Treatment Options:

PTSD is treatable, and recovery is possible. Effective treatments include:

1. *Therapy*: Various forms of therapy, like Eye Movement Desensitization and Reprocessing (EMDR) and Exposure Therapy, can help individuals process trauma and develop coping skills.
2. *Medication*: Antidepressants and anti-anxiety medications may be prescribed with therapy to manage symptoms.
3. *Support Groups*: Joining support groups with others who have experienced trauma can provide valuable emotional support and a sense of community.

Seeking Help:

If you or someone you know may have PTSD, don't hesitate to contact us for assessment, treatment options, and support from one of our experienced Clinical Psychologists who can support you through your journey.

This fact sheet is provided for informational purposes only.

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