

## PTSD: Stress and fear that can linger

**S**ometimes life can be very stressful. Scary events, such as car crashes or natural disasters, can have a lasting effect on people. It is normal to feel tense or upset after a scary event. But in some cases, people still feel stress that makes it hard for them to carry on with their normal life. This can be a sign of post-traumatic stress disorder, or PTSD.



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### Quick facts on PTSD:

**1** Seven or eight out of every 100 people in the U.S. will have some symptoms of PTSD in their lives, experts say. It is a very common mental health issue, and not something to hide.

**2** Anyone can develop PTSD. Veterans who have seen combat, victims of abuse and assault and people who have lived through traumatic events are most likely to be at risk.

**3** Signs of PTSD can include a month or more of flashbacks to the scary event, or thinking about the event even if you don't want to. They also include trouble with sleep and a bad mood.

**4** Health care providers can help you find a mental health professional to help deal with the stress and trauma of PTSD. They can give tips on how to feel better in day-to-day life using talk therapy or medication.

**5** If your friend or family member might have PTSD, you can help them by getting a diagnosis from a health care provider. Emotional support is vital.



>> For more information on PTSD, visit [www.nimh.nih.gov](http://www.nimh.nih.gov)