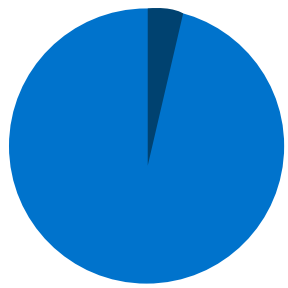


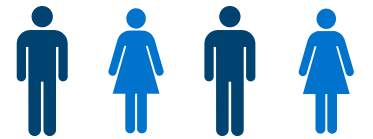
# WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



**6%**

of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.



## Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers



## Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



## Avoidance

- Avoiding Crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



## Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

## Do you have PTSD Symptoms?

- Answer 5 questions to see if your thoughts and feelings are related to PTSD: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
- Learn about and compare effective treatment options using the PTSD Treatment Decision Aid: [www.ptsd.va.gov/decisionaid](http://www.ptsd.va.gov/decisionaid)
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)

National Center for  
**PTSD**  
POSTTRAUMATIC STRESS DISORDER

VA



U.S. Department  
of Veterans Affairs