

PTSD: A Guide for Volunteers

What is PTSD?

PTSD is also called **Post Traumatic Stress Disorder**. It is a mental health problem that people can get after seeing or being part of a shocking event. Veterans are at risk because of their experiences with war, combat, and death. PTSD can occur right after the event, or it can happen years later.

Who gets PTSD?

Any person can get PTSD. It is more common after certain events, like combat. This is why men and women who have been in the armed forces are at risk.

Symptoms of PTSD

There are 4 types of symptoms:

- Reliving the event
 - Nightmares
 - Vivid mental pictures that feel like event is happening again (called **flashbacks**)
- Avoidance
 - Staying away from anything that reminds the person of the event (called **triggers**)
- Changes in feelings and views
 - Trouble feeling close to friends and family
 - See the world as bad or dangerous
- Extra aware and nervous (called **hyperarousal**)
 - May seem angry or agitated for no reason
 - Trouble sleeping
 - Trouble concentrating
 - Jittery and jumpy

Where can I get help?

Online visit <https://www.ptsd.pa.gov>

Call for help **Veterans Crisis Line 1-800-273-8255 press 1**

Reference

U. S. Department of Veterans Affairs. (2018, April 11). PTSD: National Center for PTSD. Retrieved from <https://www.ptsd.va.gov/public/index.asp>

Reading Level

The FOG Index was used to evaluate the reading level of this handout.
Grade Level is 6.85, or approximately 7th grade reading level.

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