

JUNE IS PTSD AWARENESS MONTH

Post-traumatic stress disorder (PTSD) is a mental health problem that some people develop after experiencing or witnessing a life-threatening or stressful event. PTSD can be nerve-wracking to many. But there is good news. Effective treatment options are available.



About 12 million people in the U.S. are living with PTSD.



7-8% of the U.S. population will have PTSD at some point in their lives.

FOUR TYPES OF PTSD SYMPTOMS



RELIVING OR RE-EXPERIENCING THE EVENT

Nightmares, flashbacks, and triggers



AVOIDANCE

Avoiding crowds, talking or thinking about the event



HYPERAROUSAL OR BEING ON GUARD

Being jittery, having difficulty sleeping, feeling angry



NEGATIVE CHANGES IN BELIEFS AND FEELINGS

Loss of interest, feeling guilty, unable to trust

TREATING PTSD

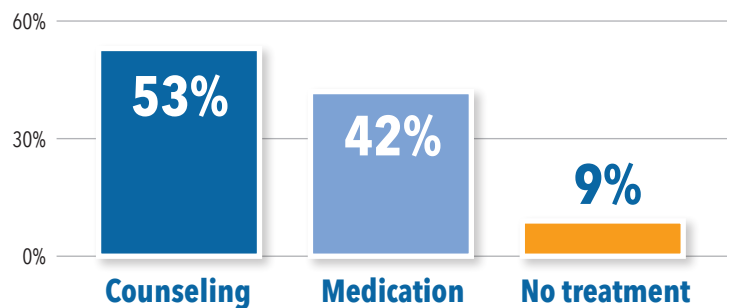
COUNSELING:

- Usually takes about three months with long-lasting positive effects
- Learn balanced ways to think and talk about your trauma

MEDICATION:

- Continuous treatment using sertraline, paroxetine, fluoxetine or venlafaxine
- Treats sadness, anger and numb feelings

SUCCESS RATES AFTER THREE MONTHS



See your local CHC health care provider to learn more! We're here to help.
For clinic locations, go to www.chc-ar.org.

TO LEARN MORE, VISIT WWW.PTSD.VA.GOV/UNDERSTAND/AWARENESS/INDEX.ASP.

SOURCES: <https://www.census.gov/library/stories/2022/12/happy-new-year-2023.html#:~:text=U.S.%20Population%20Estimated%20at%20334%2C233%2C854%20on%20Jan.&text=1%2C%202023.,1%20person%20every%2027%20seconds>. • <https://www.ptsd.va.gov> • <https://www.ptsd.va.gov/understand/awareness/index.asp>

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,203,478 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov. JUNE 2023