



Post-Traumatic Stress Disorder

This is a common type of anxiety caused by a traumatic, stressful and frightening event. You can be diagnosed with mild, moderate, or severe PTSD. Read more about the diagnoses [here](https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/):
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/>

PTSD was first recognised in war veterans. Can be caused by a wide range of experiences:

- A serious accident or injury such as traffic or at work
- Sexual/physical assault or being kidnapped or held hostage
- Being abused, harassed, bullied, or seeing or experiencing distressing situations
- Traumatic childbirth

www.birthtraumaassociation.org.uk

PTSD symptoms can vary from mild to severe, affecting every day life:

- Flashbacks and panic attacks
- Severe anxiety and negative mood changes
- Feeling guilty and self-destruction
- Nightmares and aggression
- Self-harm and aggression
- Easily startled and on edge, constantly being in the flight, fight, or freeze state

An insight into what it is like to live with PTSD - <https://youtu.be/gaAD62XJKOs>

Types of Treatments

Talking Therapies

Medication

Cognitive Behaviour Therapy (CBT)

Confronting feelings and talking through traumatic events with a professional is an effective way of treating PTSD. CBT is one form of talking therapy that helps you change the way you think and act to help manage problems.

PTSD Resolution:

0300 302 0551

ptsdresolution.org

Help veterans, reservists and their families with trauma and distress.

PTSD UK:

ptsduk.org

Provides information about PTSD and C-PTSD, including different types of treatment, ways to help yourself and how to support someone with PTSD

Other Useful Contacts:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/useful-contacts/>