

Adult Post Traumatic Stress Disorder (PTSD)

Causes, Symptoms, and How to Get Help

When someone experiences a traumatic event, it is normal to feel stress, anxiety, or depression. If those intense feelings last for more than a month and impact your ability to live a healthy life, you may have Post-Traumatic Stress Disorder (PTSD).



Who Can Get PTSD?

Anyone can experience PTSD at any point in their lifetime.

3.5%
of U.S. adults
are affected
by PTSD
every year

8%
of adolescents
aged 13-18
experience
PTSD

8%
of military
veterans will
experience PTSD
in their lifetime

Women are twice as likely than men to have PTSD

U.S. Latino, African American, and Native American/Alaska Native people have disproportionately higher rates of PTSD than non-Latino white people



PTSD Symptoms

Symptoms of PTSD may shortly follow trauma, or they may show up months or even years later.

PTSD has four symptoms, and you must show each symptom for longer than a month for a trained professional to diagnose you with PTSD.

The 4 PTSD Symptoms

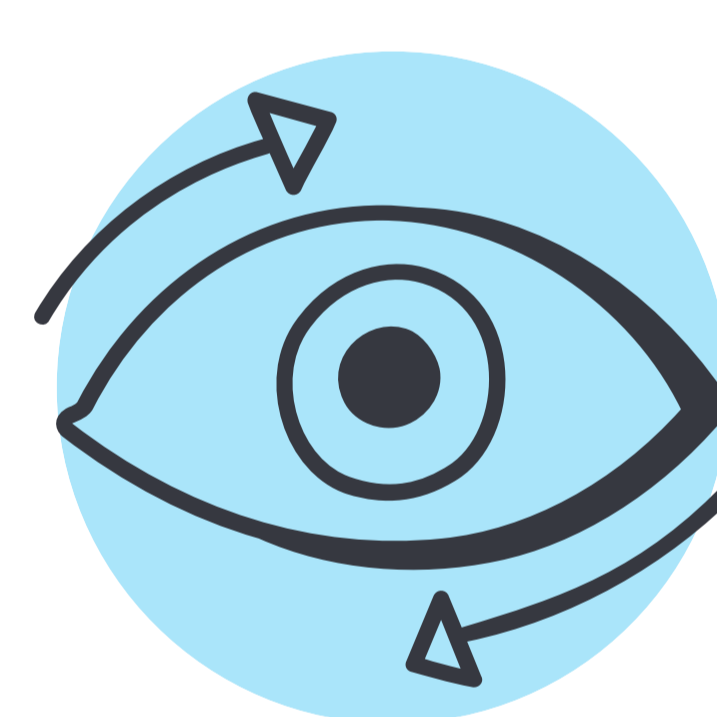
- 1 Reliving the event (e.g., nightmares or flashbacks)
- 2 Avoiding people, places, and things that remind you of the event
- 3 Experiencing an increase in negative feelings about yourself and others
- 4 Hyperarousal (e.g., constantly feeling on edge or on the lookout for danger)

Treatment for PTSD

PTSD is treatable and can help you manage symptoms and regain control over your life. Common treatments include:



Cognitive Behavior Therapy (CBT):
A therapy technique that helps you reframe negative thought processes related to trauma.



Eye Movement Desensitization and Reprocessing (EMDR):
A therapy technique that helps your brain reprocess trauma by focusing on sounds or hand movements while you talk about it.



Cognitive Processing Therapy (CPT):
A therapy technique that teaches you how trauma changes your thoughts and feelings.



Medications:
Antidepressant medications like Zoloft, Paxil, and Effexor have been shown to help manage neurotransmitters that affect your mood.



Prolonged Exposure (PE):
A therapy technique where you talk about your trauma repeatedly until the memories are no longer upsetting.



Self-Management Techniques:
Mindfulness, focused breathing, journaling, and grounding are all techniques that can help you feel less overwhelmed.



Animal therapy:
Service animals and animal-assisted interventions like equine therapy can help you anticipate and manage symptoms and improve mental health.

Support Resources for PTSD

National Center for PTSD (for veterans):

<https://www.ptsd.va.gov/>

Wounded Warrior Project (for active duty military and veterans):

<https://www.woundedwarriorproject.org/programs/mental-wellness/veteran-ptsd-treatment-support-resources>

988 Suicide and Crisis Lifeline:

<https://988lifeline.org>

Rape, Abuse, and Incest National Network (RAINN):

<https://rainn.org/>

Find a Therapist:

<https://www.psychologytoday.com/us/therapists>



Youturn Health online learning and peer coaching support:

Call or email Admissions to enroll:

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