

# WHAT DO YOU KNOW ABOUT PTSD



Post Traumatic Stress Disorder (PTSD) can affect adults, children, and teens who have experienced or witnessed a traumatic event. PTSD DOES NOT only affect soldiers

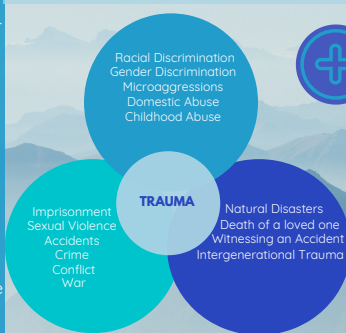


**ONE  
IN  
TEN**

1 in 10 Canadians may develop PTSD at some point in their lives.

## WHAT IS A TRAUMATIC EVENT?

An event is considered traumatic when it is very frightening, overwhelming, and causes a lot of distress.



\*And any other perceived threats to life or safety for yourself or loved ones

INTRUSION SYMPTOMS

**FLASHBACKS & VIVID NIGHTMARES**

AVOIDANCE

**AVOIDING MEMORIES OF OR SITUATIONS SIMILAR TO THE EVENT**

MOOD & COGNITIVE CHANGES

**FEAR, HORROR, ANXIETY, GUILT, SHAME, POWERLESSNESS**

CHANGES IN AROUSAL & REACTIVITY

**POOR CONCENTRATION, IRRITABILITY, LACK OF SLEEP**

**A DIAGNOSIS IS MADE IF BOTH A TRAUMATIC EVENT AND SYMPTOMS FROM THESE 4 GROUPS HAVE OCCURRED**



