

PTSD

After a traumatic experience, it's normal to feel frightened, sad, anxious, and disconnected. But if the upset doesn't fade, you may be suffering from post-traumatic stress disorder (PTSD)

If you answer yes to three or more of the questions below, you may have PTSD and it's worthwhile to visit a qualified mental health professional.

- Have you witnessed or experienced a traumatic, life-threatening event?
- Did this experience make you feel intensely afraid, horrified, or helpless?
- Do you have trouble getting the event out of your mind?
- Do you startle more easily and feel more irritable or angry than you did before the event?
- Do you go out of your way to avoid activities, people, or thoughts that remind you of the event?
- Do you have more trouble falling asleep or concentrating than you did before the event?
- Have your symptoms lasted for more than a month?
- Is your distress making it hard for you to work or function normally?

If you are seeking immediate help for yourself or someone else, call or text:

The National Suicide Prevention Center

1-800-273-8255 (TALK)

Text CONNECT to 741741 or Call 911