

News Release

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Post-Traumatic Stress Disorder

Tampa, Florida (September, 2011). Many of us have experienced or know someone who has been involved in combat or who has experienced some other traumatic event such as a robbery, serious accident, domestic violence, abuse etc. In some cases individuals develop post-traumatic stress disorder. The following is provided by the U.S. Department of Health and Human Services National Institutes of Health and provides information regarding post-traumatic stress disorder or PTSD. It is not intended to render a diagnosis or suggest specific treatment information. If you believe that some or much of this information “rings true,” however, contact your EAP.

- ◆ **What is post-traumatic stress disorder or PTSD? PTSD is a real illness. You can get PTSD after living through or seeing a dangerous event, such as a war, a hurricane, or bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you. If you have PTSD, you can get treatment and feel better.**
- ◆ **Who gets PTSD? PTSD can happen to anyone at any age. Children get PTSD too. You don't have to be physically hurt to get PTSD. You can get it after you see other people such as a friend or family member get hurt.**
- ◆ **What causes PTSD? Living through or seeing something that's upsetting and dangerous can cause PTSD. This can include: being a victim of or seeing violence; the death or serious illness of a loved one; war or combat; car accidents and plane crashes; hurricanes, tornadoes, and fires; or violent crimes like a robbery or shooting. There are many other things that can cause PTSD. Talk to your**

EAP if you are troubled by something that happened to you or someone you care about.

- ◆ **How do I know if I have PTSD? Your EAP can help you find out. Call your EAP if you have any of the following: bad dreams; flashbacks or feeling like the scary event is happening again; scary thoughts you can't control; staying away from places and things that remind you of what happened; feeling worried, guilty or sad; feeling alone; trouble sleeping; feeling on edge; angry outbursts; or thoughts of hurting yourself or others. Children who have PTSD may show other types of problems. These can include: behaving like they did when they were younger; being unable to talk; complaining of stomach problems or headaches a lot, and refusing to go places or play with friends.**
- ◆ **When does PTSD start? PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later.**
- ◆ **How can I get better? PTSD can be treated. Your EAP has experience in assisting individuals with PTSD and can help you connect with appropriate treatment. Treatment may include "talk" therapy, medication, or both. Treatment might take 6 to 12 weeks. For some people, it takes longer. Treatment is not the same for everyone. What works for you might not work for someone else. Drinking alcohol or using other drugs will not help PTSD go away and may even make it worse.**
- ◆ **Facts about PTSD: PTSD can affect anyone at any age; millions of Americans get PTSD every year; many war veterans have had PTSD; women tend to get PTSD more often than men; and PTSD can be treated. You can feel better.**

What can you do if you recognize yourself or a loved one in the above information? Call your EAP. While the EAP is not a treatment program, experienced counselors will help you find out what may be taking place and assist you in getting appropriate help. Just call your EAP and you will be directed to our experienced team of counselors. It is that simple. We will

help you cope, find assistance, and guide you down the path to effectively dealing with whatever might be impacting your life. Help is available 24-hours a day, 7 days a week.