



Post Traumatic Stress Disorder



Post Traumatic Stress Disorder (PTSD) can occur after a person experiences something that made them feel extreme fear, horror or helplessness. For example witnessing or experiencing:

- war
- natural disasters
- serious accidents
- terrorist attacks
- violent deaths
- rape

PTSD can happen to anyone at any age.



Affects up to
10%
of women



Affects up to
5%
of men



People with **PTSD** often feel or experience:

- bad dreams
- **flashbacks** this is means to live an experience from your past in your mind
- problems concentrating
- not sleeping
- feeling alone



Treatment

PTSD can be successfully treated, even when it develops many years after a horrible event.

Therapy such as cognitive behavioural therapy (CBT) can help and medication might be offered.