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What Is PTSD?

Post-Traumatic Stress Disorder (PTSD) stems from experiencing or witnessing trauma. It triggers persistent symptoms that interfere with daily life and typically requires professional care.

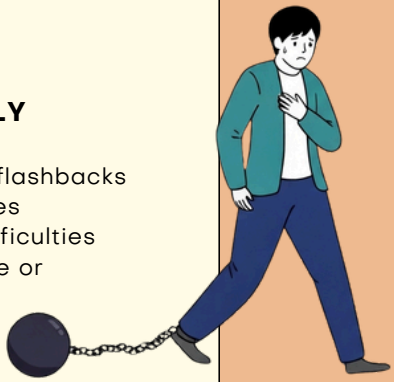
How PTSD May Present

EMOTIONALLY

- Fluctuating mood
- Diminished interest
- Emotional numbness
- Constant dread or feeling unsafe

BEHAVIOURALLY

- Re-experiencing flashbacks
- Sleep disturbances
- Concentration difficulties
- Headache, fatigue or palpitations



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What Can You Do?

For Yourself

Seek support
Talk to someone you trust or seek professional support to help you navigate difficult emotions.

Build healthy coping skills
Explore safe ways to bring your focus back to the present.

For Others

Encourage professional support
Suggest seeking professional help and offer to accompany them if needed.

Respond with compassion
Listen without judgement and acknowledge their feelings.

Connect with us!
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