

# PTSD

## POST-TRAUMATIC STRESS DISORDER

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event – either experiencing it or witnessing it.

-Mayo Clinic



**7.7 MILLION**  
**ADULTS OR 3.6% OF THE**  
**POPULATION ARE**  
**AFFECTED**

It is estimated that **6 in 100** people will experience PTSD in their lifetime.

**YOUR NEEDS MATTER**

**DON'T BE  
AFRAID  
TO REACH  
OUT FOR  
SUPPORT**

### **common symptoms\***

- Intrusive memories
- Avoidance of the traumatic event
- Negative changes in thinking and mood
- Changes in physical and emotional reactions (being easily startled or frightened, trouble sleeping...)

*\*If your symptoms last for more than a month, it is recommended you reach out to a mental health professional. The earlier the treatment, the more effective it is.*

**To Be Honest**

A PROGRAM OF MOMENTUM FOR HEALTH

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