

SIGNS AND SYMPTOMS OF PTSD

Sleep disturbance

Trouble falling asleep, staying asleep, or waking up too early

Lack of positive emotions

No joy, enthusiasm, love or sense of belonging

Angry behavior

Frequent arguments, road rage, can't control your response to situations

Nightmares

distressing dreams related to a traumatic event

Anxiety

Fear or nervousness that affect everyday activities

Hypervigilance

easily startled, overly concerned for safety, extreme sensitivity to surroundings

Depression

feeling down or no longer motivated to do things that used to be enjoyable

Guilt or shame

loss of self-esteem, blaming yourself, or feeling you have let others down

Social isolation and withdrawal

a desire to stay away from people

Avoidance behavior

self-medication through drinking, excessive spending, workaholics, procrastination, burying emotions

Increased risk-taking

excessive drinking, spending time in unsafe areas, nonchalant attitude to death

Flashbacks

disorientation and thinking you are back in the moment of the traumatic event

Concentration problems

difficulties focusing while reading or having conversations

Dissociation

intervals of time that you can't account for, large memory lapses

Panic

anxiety that triggers extreme stress, severe physical sensations, or feeling out of control

Suicidal or homicidal ideation

thoughts of wanting to harm yourself or others

Seek out peer support, speak with your primary care doctor, reach out to family or friends, call the Road Home Program or other mental health care providers.

If you are in crisis, call a crisis hotline (1-800-273-8255 and press 1, or text 838255).