

# POST TRAUMATIC STRESS DISORDER FACTSHEET

a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.



## TRAUMATIC EXPERIENCES

89% of adults have faced a traumatic event in their life- but this does not always lead to PTSD. Almost 7% of adults have been diagnosed with PTSD once in their life.

## VETERANS STATISTICS

The rate of PTSD is higher among veterans, likely due to their increased risk of exposure to trauma. Specifically veterans from the Vietnam war are more likely to have developed PTSD.!



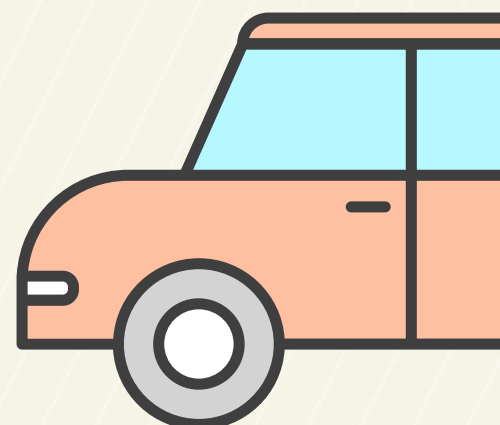
## CONCURRING ILLNESSES

Approximately 80 percent of people who have PTSD will have one or more additional mental health diagnoses. Some diagnoses most likely with PTSD include depression, anxiety, and addiction.



## BAD HABITS

Patients with PTSD may also be more likely to engage in high-risk behaviors, such as gambling or aggressive driving.



## COPING WITH PTSD

The most successful treatments for PTSD include prolonged exposure, cognitive processing therapy. Half of people with PTSD get treatment, a small portion will recover in a few months.

