

POST TRAUMATIC STRESS DISORDER

Post-traumatic stress disorder (PTSD), also commonly known as ‘combat stress’ or ‘shell shock’ can occur when people experience a situation in which they feel their life, or the life of someone else is immediately at risk. The situation is associated with feelings of intense fear and distress.

WHAT ARE THE SYMPTOMS?

PTSD is the term often used to describe a set of psychological symptoms that some people experience following a trauma. These symptoms may include flashbacks or nightmares about the event, feeling ‘on edge’ and anxious, or avoiding reminders of the situation. Many people also describe feeling ‘emotionally numb’ and/or irritable.

It is normal to experience some of these feelings following a traumatic life event, but if these feelings are causing problems and distress and lasting for longer than a month, then they might be symptoms of PTSD.

HOW TO MANAGE PTSD

It can often be helpful to talk to friends/family about how you are feeling, or to share your experience with others who have experienced something similar.

Moodjuice (link below) is an excellent on-line resource that can help you to work through these symptoms and offer techniques on how to manage them.

If you feel you might need more help in managing these symptoms, you may wish to visit your GP who will be able to assess you and may refer you for trauma based counselling or an alternative form of treatment.

FURTHER INFORMATION

- Moodjuice: <http://www.moodjuice.scot.nhs.uk/posttrauma.asp>
- NHS PTSD Information: <http://www.nhs.uk/Conditions/Post-traumatic-stress-disorder/Pages/Treatment.aspx>
- Assist – trauma therapy service: <http://assisttraumacare.org.uk/>
- Mind – mental health charity: <http://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/about-ptsd/#.Vo5x-vmLTct>
- Royal College of Psychiatrists: <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/posttraumaticstressdisorder.aspx>

AfterTrauma

- Psychcentral: <http://psychcentral.com/lib/understanding-the-effects-of-trauma-post-traumatic-stress-disorder-ptsd/>
- PTSD Helpguide: <http://www.helpguide.org/articles/ptsd-trauma/post-traumatic-stress-disorder.htm>