

Post Traumatic Stress

A self-help workbook from Mind and useful links

<http://www.mind.org.uk/media/1594512/understanding-ptsd-2014.pdf>

Understanding
post-traumatic stress disorder



understanding



post-traumatic
stress disorder

> About PTSD

> Causes

> Self-help

> Treatments

> Friends and family

> Useful contacts

What is post-traumatic stress disorder?

Larry, Anamoli, Paul and Maisie share their experiences of PTSD - what it is like to live with it, what has helped them and how they see their future.

Post traumatic stress disorder (PTSD) | Talking about mental health - Episode 17

Talking about PTSD

YouTube video player

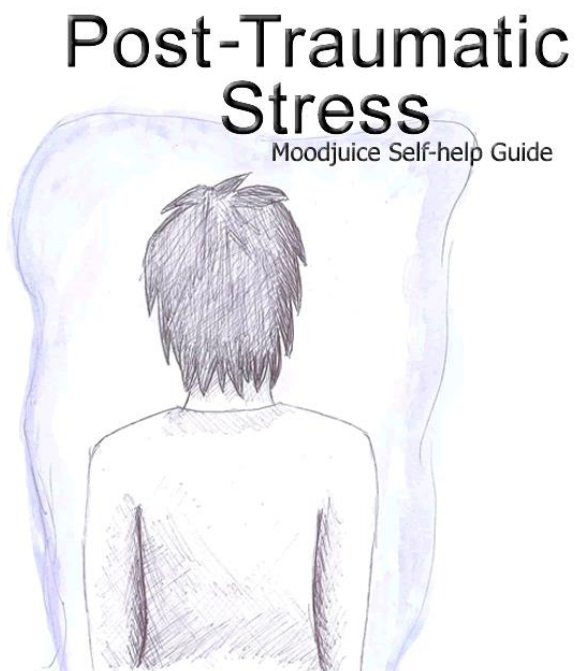
Why experience of PTSD

Gary
Posted on 22/10/2013

If you are involved in or witness a traumatic event, it is common to experience upsetting, distressing or confusing feelings afterwards. The feelings of distress may not emerge straight away - you may just feel emotionally numb at first. After a while you may develop emotional and physical reactions, such as feeling easily upset or not being able to sleep.

Self-help workbook from the NHS

<http://www.moodjuice.scot.nhs.uk/posttrauma.asp>



A survival guide for parents and students

<http://www.youngminds.org.uk/for-children-young-people/whats-worrying-you/post-traumatic-stress/what-is-ptsd>



The screenshot shows the Young Minds website header with the logo "YOUNGMINDS" and the tagline "The voice for young people's mental health and wellbeing". It includes a search bar, a "DONATE" button, and a navigation menu with categories like "FOR CHILDREN & YOUNG PEOPLE" and "FOR PARENTS". Below the header is a large image of three young people. The main content area features a sidebar with "FOR CHILDREN & YOUNG PEOPLE" and "WHAT'S WORRYING YOU?" sections, and a main article titled "WHAT IS POST TRAUMATIC STRESS (PTSD)".

FOR CHILDREN & YOUNG PEOPLE

LOOKING AFTER YOURSELF

WHAT'S WORRYING YOU?

Post-traumatic stress

What is Post traumatic stress?

WHAT IS POST TRAUMATIC STRESS (PTSD)

If something extremely traumatic or life threatening happens to us or if we see it happen to someone else it can affect us physically and mentally and affect the way we think about things.

You might develop Post Traumatic Stress Disorder (PTSD) if you experience something where you feel really frightened, helpless or like you might die. You could experience PTSD if you have been involved in or witnessed an accident or if you have been abused or raped. Many young people who experience horrible things recover without experiencing PTSD but some people do develop it.

There are three main types of symptoms of PTSD:

Flashbacks or nightmares

You keep remembering the traumatic event and get flashbacks or nightmares and keep reliving the event.

