PTSD Awareness Day

June 27th

Not All Wounds ARE VISIBLE

What is PTSD?



Signs and Symptoms of PTSD:

- flashbacks to traumatic events
- nightmares or challenges sleeping
- easily startled
- irritability
- feeling very vigilant
- emotional outbursts
- anxiety
- depression
- substance use

*this list is not exhaustive of all possible signs and symptoms

According to SAMSHA, Post-traumatic stress disorder, or PTSD, is a real disorder developed from witnessing or experiencing a scary, shocking, terrifying, or dangerous event. These events often are situations where an individual experiences severe injury or life-threatening experience(s). However, PTSD may develop from a multitude of experiences. Individuals with PTSD may feel anxious, stressed, or triggered even in situations where danger in not present. PTSD appears at different times for everyone. One may experience signs of PTSD soon after a traumatic event and others develop signs months or years later. To be considered for PTSD, signs and symptoms must last more than a month and severely impact aspects of your life such as, work, school, and relationships.

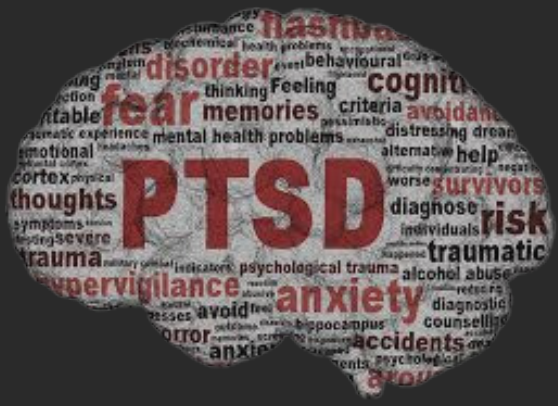
Why is Awareness Important?

Not all wounds are visible, therefore, it's important to be educated on mental health conditions that may not be physically apparent. Awareness benefits providers, consumers, and the general public to increase empathy, build better partnerships and practice, and understand disorders that may impact those around us. PTSD impacts all individuals differently and arises for multiple of reasons. With continued awareness and education, we can lean on one another through the different experiences we've all had. Lastly, awareness informs trauma informed care, an important approach to PTSD.

hand

PTSD Awareness Day

June 27th



PTSD and Homelessness

According to National Alliance to End Homelessness, homelessness and PTSD are connected in at least three ways. One: many military veterans experience PTSD which can impact their housing instability upon returning from service. Two: individuals may experience a traumatic event during homelessness which may cause PTSD. Third: homelessness itself may be a traumatic event resulting in PTSD. Homelessness may lead to PTSD through the loss of stable shelter, loss of family connections and accustomed social roles and routines, the stress of lack of basic needs impacting stress coping mechanisms, and triggering pre-existing behavioral health conditions or a history of traumatization. Thus it is important that programs and services working with homeless individuals are rooted in trauma-informed care as trauma impacts how people access services and trauma survivors require specific, tailored interventions. For more information, please utilize the National Alliance to End Homeless and Housing Matters source.

P T S D

Sources and Other Information Resources

- SAMHSA
- National Institute of Mental Health
- National Center for PTSD
- American Psychological Association
- National Alliance to End Homeless and Housing Matters



hand