



welcomes Linda Busch, PhD to discuss

## Trauma in Everyday Life, PTSD and Mental Health

**March 29<sup>th</sup>, 2021, 7:00 – 8:30 p.m., online presentation via Zoom**



Dr. Busch is a Licensed Psychologist with close to 30 years of experience working in the trauma-related mental health field. She has worked with combat veterans, 9/11-related trauma survivors, and survivors of child sexual abuse and physical abuse. Her presentation will focus on the impact of trauma in everyday life as well as Trauma Disorders such as PTSD, Acute Stress Disorder and what is now being unofficially referred to as Chronic Stress Disorder or COVID-Related Stress Disorder. The impact of trauma on those already affected by serious mental health conditions such as Bipolar Disorder, Depression and Schizophrenia and their loved ones or caregivers will be discussed. The presentation will also cover how to cope with triggers or symptoms, medications that are sometimes used in the treatment of trauma, and how to lessen the impact of traumatic events. Participants will be invited, if they wish, to practice trauma reducing exercises, to share insights and ask questions. To receive the link to the presentation please register [here](#).

**For more information, call NAMI Sussex at 973-214-0632 or email [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com).**

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**NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.**

**Website: [www.nami-sussex-nj.org](http://www.nami-sussex-nj.org) Email: [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com) Phone: 973-214-0632**  
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