



# What is PTSD?

Posttraumatic stress disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event. A traumatic event is one in which an individual experiences a threat (actual or perceived) of death or serious injury to themselves or others. One out of five individuals who experience a traumatic event will go on to develop Posttraumatic Stress Disorder (PTSD).

## Common Symptoms of PTSD

- ② Re-experiencing the trauma
- ② Feeling detached from others
- ② Difficulty sleeping or concentrating
- ② Outbursts of anger
- ② Emotional numbness or avoidance of places that remind the person of the event
- ② Hypervigilance

Screenings are quick, easy, and confidential and can help determine if your symptoms are consistent with depression.