

#PTSDFACTS

PTSD is a mental health condition that can occur after experiencing a traumatic event. PTSD doesn't just affect Veterans and service members. It also impacts people who have been through serious accidents, natural disasters, and personal violence. Raising awareness about PTSD is crucial to break the stigma, support those affected by this condition, and help people get their lives back through PTSD treatment.

Here are some #PTSDFacts and insights that you can share with others. Whether you are looking to educate yourself, support a loved one, or simply spread awareness, these #PTSDFacts offer valuable knowledge that can make a difference. The more we spread the message that PTSD Treatment Works, the more people have awareness of and access to the mental health treatment they deserve.

If you share these messages on social media, we recommend using the full URLs (currently included as hyperlinks in the posts), so users can click on the links. Remember to tag the National Center for PTSD and add #PTSDFacts to your post!

- 1. PTSD is Common:** PTSD is a normal response to trauma. About **6 out of 100 Americans** (or 6% of the population) will have PTSD at some point in their lives. #PTSDFacts
- 2. Not just Veterans or service members:** PTSD can affect anyone who has experienced a traumatic event, like a serious accident, **natural disaster, personal violence, or combat.** #PTSDFacts
- 3. PTSD symptoms vary:** Common symptoms include reliving the event, avoiding reminders of trauma, having more negative thoughts and feelings than before the traumatic event, or feeling on edge. #PTSDFacts
- 4. PTSD is treatable:** There are several **effective treatments** available, including **talk therapy** and **medications**. Seeking help is an important first step towards recovery. #PTSDFacts
- 5. Not a sign of weakness:** PTSD is a **medical condition** that can happen to anyone who has experienced a traumatic event. It is not a reflection of a person's character or strength. #PTSDFacts
- 6. Support matters:** Support from friends and family can make a big difference in someone's recovery from PTSD. Learning to understand PTSD and its symptoms can help. #PTSDFacts
- 7. Children can be affected:** PTSD doesn't only affect adults. **Children can get PTSD** after seeing or witnessing traumatic events. #PTSDFacts
- 8. Early intervention helps:** Prompt treatment after a traumatic event can reduce the chances of developing PTSD. #PTSDFacts
- 9. PTSD screening:** Identifying PTSD early can improve a patient's outcomes and quality of life. Take a short self-screen at home to get started. #PTSDFacts
- 10. Self-care is important:** Alongside therapy, practices like **mindfulness, exercise, and getting enough sleep** can help manage symptoms of PTSD and stress reactions. #PTSDFacts
- 11. Multiple triggers:** Sights, sounds, and even smells linked with a trauma **can set off PTSD symptoms.** Treatment can help you manage your reactions to those reminders. #PTSDFacts

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- 12. Delayed onset:** For some people, PTSD symptoms may not appear right after the traumatic event. They can surface **months or even years later**. #PTSDFacts
- 13. Common reactions:** Not everyone who experiences trauma develops PTSD—and everyone reacts to trauma differently. Some **common reactions** to trauma are feeling distant or detached or having upsetting dreams or memories. #PTSDFacts
- 14. Coping strategies:** Recovery is a process. Try active coping techniques like **deep breathing, meditation, and journaling** to help manage stress or PTSD symptoms. #PTSDFacts
- 15. Women and PTSD:** Women are about **twice as likely as men** to develop PTSD during their lifetime. #PTSDFacts
- 16. Nightmares and insomnia:** Sleep problems are common in people with PTSD. There are treatments that can help you manage symptoms of PTSD and improve your sleep at the same time. #PTSDFacts
- 17. Related problems:** PTSD often happens alongside other mental health conditions, such as **depression, anxiety, and substance abuse**. #PTSDFacts
- 18. PTSD and chronic pain:** People with PTSD may have higher levels of **chronic pain**, or pain that lasts a long time. There are effective PTSD treatments and ways to manage chronic pain that can help. #PTSDFacts
- 19. PTSD in first responders:** First responders, such as **police officers and firefighters**, are at higher risk for developing PTSD due to their work. There are ways to help manage work-related stress, like **Stress First Aid**, that can help. #PTSDFacts
- 20. Supporting loved ones:** Learning about PTSD can help you support those affected. It can also help you manage your own self-care. #PTSDFacts
- 21. Family impact:** PTSD can affect your family or relationships. It's important for loved ones to have their own systems for support. #PTSDFacts
- 22. Avoidance:** People with PTSD may try to stay away from places, people, or activities that remind them of a traumatic event. This symptom is called **avoidance**. #PTSDFacts
- 23. Anniversaries can be hard:** People with PTSD may feel extra stress around the **anniversary** of a traumatic event. #PTSDFacts
- 24. Healthy coping:** People with PTSD may turn to **negative coping strategies**, like substance abuse or isolation, which can worsen stress or symptoms. Replacing these with healthy coping skills is important. #PTSDFacts
- 25. PTSD and grief:** PTSD and **grief** can occur together, particularly after a traumatic loss. Addressing both is important for healing and recovery—treatment can help. #PTSDFacts
- 26. Moral injury:** Some traumatic events can violate deeply held morals or values, and can lead to **“moral injury.”** When this happens, feelings like guilt, shame, betrayal, and anger are common. PTSD treatment can help. #PTSDFacts
- 27. Fireworks and PTSD:** The sudden loud noises and flashes of **fireworks** can be a hard reminder of trauma. Be mindful and plan ahead for events that involve fireworks to help manage reactions. #PTSDFacts
- 28. Stigma about PTSD:** When you talk about PTSD, it can help reduce **stigma around mental health**. This can help those affected feel more comfortable seeking help. #PTSDFacts
- 29. Only a mental health provider can diagnose PTSD:** PTSD can only be diagnosed by a **qualified health care professional**. If you think your feelings and behaviors might be related to PTSD, talk to a health care professional. #PTSDFacts
- 30. Professional help:** There are **mental health professionals** who specialize in PTSD treatment. If you think your feelings or behaviors may be related to PTSD, you deserve help. #PTSDFacts

Thank you for helping to raise awareness and supporting those affected by PTSD!



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