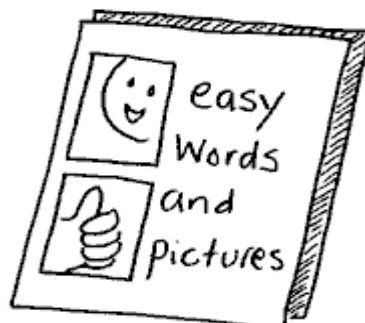


POST-TRAUMATIC STRESS DISORDER (PTSD)



Easy read guide



A traumatic event is anything which is very serious, stressful and threatening that happens to you. Such as:-



The sudden death of someone you love



A serious injury in an accident



A fire, flood or earthquake



Threatened with a weapon



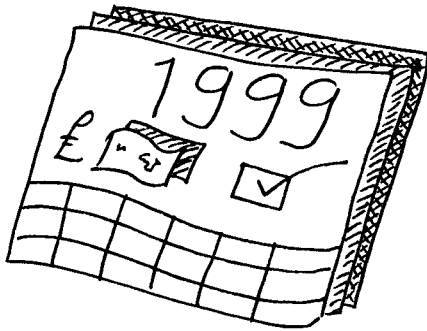
Abuse



Involved in war or you are tortured



You can get PTSD after experiencing a traumatic event that causes you to believe that your life is in danger.

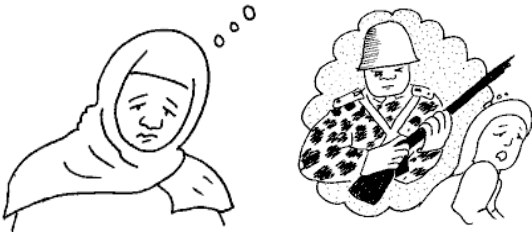


This happens usually **within 6 months** after you experience the trauma.

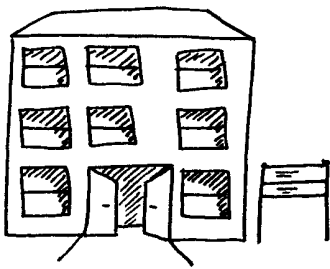


You can also get PTSD if you see a traumatic event happen to someone else.

PTSD can change how you **FEEL**, **THINK** and **BEHAVE**.



You may relive the trauma by having **bad memories**, **dreams** or **flashbacks** (thoughts of the trauma)



You may **avoid places** that remind you of the event



You may **not remember some events** of the trauma



You may **lose interest** in your usual activities



You may have **problems with relationships**



You get **anxious**



Have **trouble sleeping**



You **startle easily**



You may feel **aggressive** or irritable

Because of your confusion and emotions

You may feel **ashamed or guilty**



You may get **headaches**



You may get **depressed**



You might try to cope with the emotions by:-



Drinking too much alcohol



Hurting yourself



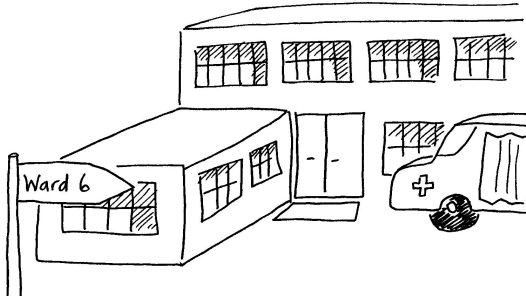
You may want to kill yourself

Doing these things will not help you to get better.

PEOPLE WITH POST TRAUMATIC STRESS DISORDER CAN GET BETTER



You can get help from your GP or a healthcare professional.

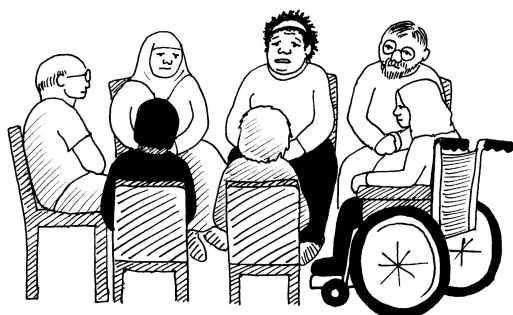


If your health or safety is at severe risk, you may need to go into hospital.

Here are some things that can help you to get better.



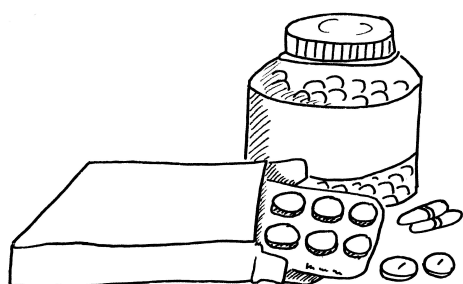
You can talk to people who are specially trained to help you to work through your problems:- this is called **counselling**



Sometimes people with similar problems form a group to talk to each other about their experiences: - this is called a **support group**.

Special eye movements can help you work through your problems and distressing memories.

This type of help is called eye movement desensitization and reprocessing (**EMDR**) therapy.



The doctor may also give you tablets to help you with some of the problems you might have.

There are many organisations that can help you, your friends and family. Here is a list of telephone numbers.



MIND
0845 660163
www.mind.org.uk

SAMARITANS
0845 909090
www.samaritans.org

ASSIST
www.assisttraumacare.co.uk
01788 560800

www.ptsduk.co.uk FOR PTSD
SUPPORT

www.ptsd.org.uk for ex-service
men and women

NHS Direct
0845 46 47

CRISIS LINE
0800 028 8000

Your GP and local community services can direct you to the support you need.

If you would like this leaflet in another language, Braille, large print or audio, contact 020 8772 5532

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