

Some Wounds are **INVISIBLE**

Know the symptoms of **Post-Traumatic Stress Disorder (PTSD)** and how to seek help through your department-directed employee assistance program.

Mental health professionals divide the symptoms of PTSD into the following categories:*

REEXPERIENCE: Reexperiencing the traumatic event, causing intense emotional and physical distress. You may feel and act as if the event is recurring. Examples include:

- Nightmares
- Daytime flashbacks
- Unwanted memories, thoughts, images, or sensations
- Feelings of guilt or blame

AVOIDANCE: Avoiding thoughts, feelings, activities, places, and people associated with the trauma.

- Social withdrawal
- Avoiding thoughts or feelings related to the traumatic event

AROUSAL: Being constantly on guard, resulting in:

- Insomnia
- Irritability
- Feeling stressed and angry
- Difficulty concentrating
- Being easily startled

*National Institute of Mental Health, <https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/index.shtml>

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