

# 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.

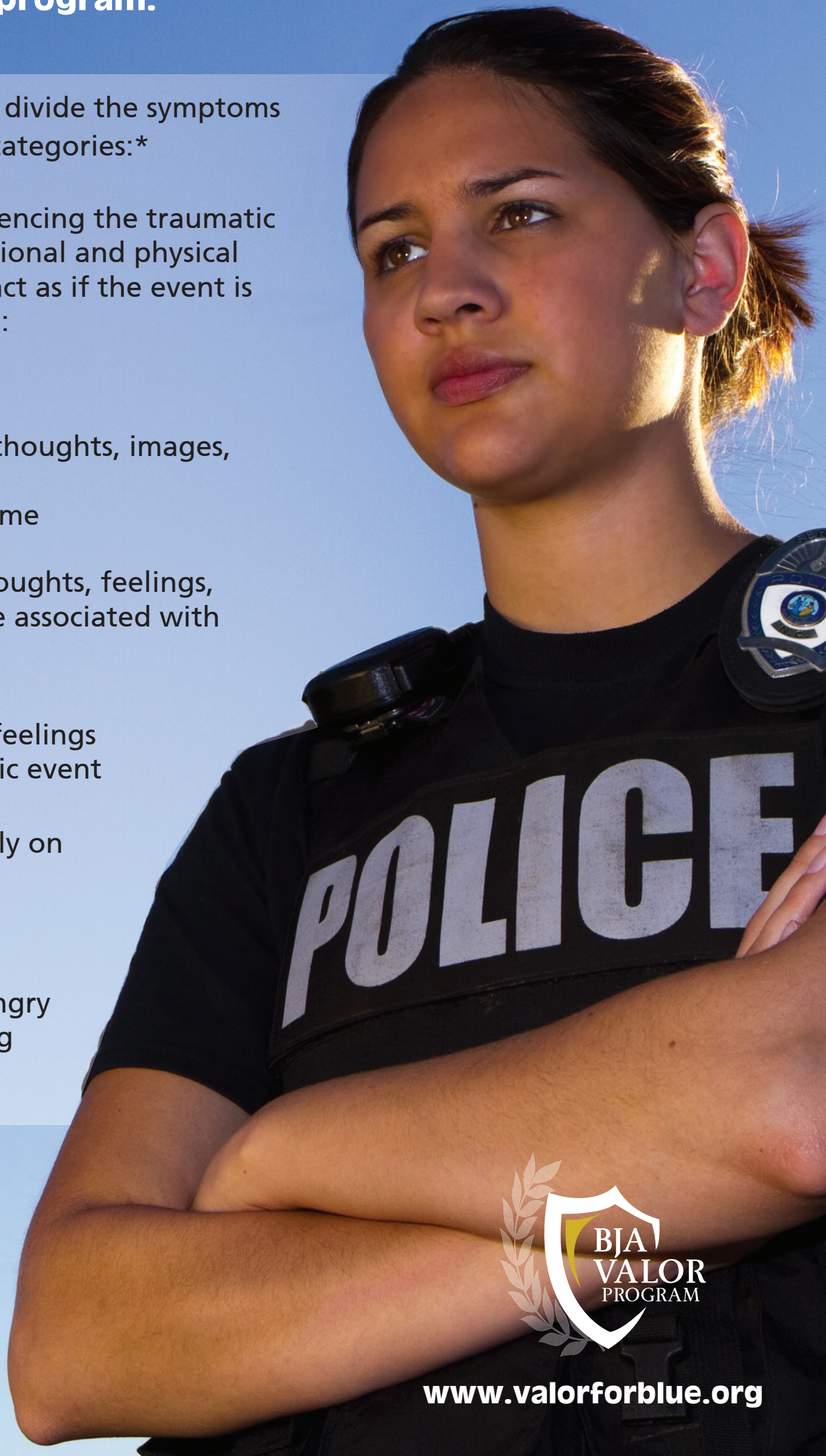
- Social withdrawal
- Avoiding thoughts or feelings related to the traumatic event

**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>

*This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.*



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