

JUNE IS

PTSD Awareness Month



What is Post-Traumatic Stress Disorder?

Post-traumatic stress disorder (PTSD) is a psychiatric disorder that can occur after experiencing traumatic events or circumstances including natural disasters, serious accidents, terrorist attacks, war/combat, rape/sexual assault, historical trauma, intimate partner violence and bullying.

Individuals may perceive these experiences as harmful or even life-threatening, resulting in negative impacts on their mental, physical, social and spiritual well-being.

Symptoms of PTSD

- Intrusive thoughts such as repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event
- Avoiding reminders of the traumatic event; may include avoiding people, places or activities
- Inability to remember important aspects of the traumatic event; negative thoughts and feelings leading to ongoing and distorted beliefs about oneself or others
- Irritability and angry outbursts; behaving recklessly or in a self-destructive way; being overly watchful of one's surroundings in a suspecting way; being easily startled; having problems concentrating or sleeping



PTSD and Veterans

Veterans who deployed to a war zone are more likely to have PTSD than those who did not deploy. War zone deployment, training accidents and military sexual trauma may lead to PTSD.

PTSD is slightly more common among veterans than civilians. At some point in their lives, 7 out of every 100 veterans (7%) will have PTSD compared to 6 out of every 100 adults (6%).*

PTSD treatment works.

Those who have gone through trauma can learn to feel safe in the world and cope with stress.

There are several effective PTSD treatments. Work with your healthcare provider to choose the best treatment for you.

*National Center for PTSD
https://www.ptsd.va.gov/understand/common/common_veterans.asp

PTSD by the Numbers

PTSD affects about **3.6%** of U.S. adults (**9 million**). Of those diagnosed with PTSD, **37%** have severe symptoms.*

In 2020, about **13 million** Americans had PTSD.**

Women are more likely to develop PTSD than men. About **8 of every 100 women (8%)** and **4 of every 100 men (4%)** will have PTSD at some point in their life.**

Veterans are more likely to have PTSD than civilians. PTSD is also more common among female veterans (**13 out of 100, or 13%**) versus male veterans (**6 out of 100, or 6%**).**

Louisiana Parishes with Highest Rates of Trauma (86.5–123.94 per 100,000)

- Acadia
- Avoyelles
- Caldwell
- Catahoula
- Concordia
- Evangeline
- LaSalle
- Livingston
- Morehouse
- Orleans
- Pointe Coupee
- Red River
- Sabine
- St. Bernard
- St. Helena
- St. Landry
- Tensas
- Washington



Treatment and Coping Strategies

- Cognitive therapy
- Exposure therapy
- Practicing mindfulness
- Journaling
- Socializing with friends/family
- Exercise

How you can make a difference

- Remember that not all wounds are visible.
- Know the signs/symptoms
- Raise awareness

988 SUICIDE & CRISIS LIFELINE

If You Need Help Coping with a Stressful Situation

Call or text **988** or chat at **988Lifeline.org** to

reach the 988 Suicide and Crisis Lifeline, where you will be connected with a trained helpline specialist.



*NAMI

<https://nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>

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