

PTSD

**YOUR'E
NOT
ALONE**

**DON'T BE
AFRAID TO
GET HELP**

PTSD is a disorder people who've experienced traumatic events, incidents, and disasters, may have. Some symptoms of this disorder would be nightmares, flashbacks, sweating, nausea, etc.

**LOOK FORWARD
NOT BACKWARD**



**BETTER
TIMES ARE
COMING**

**IT CAN HAPPEN
TO ANYONE**

Signs of PTSD were first seen in soldiers on the battlefield dating back to 440 BC. PTSD didn't gain national spotlight until the 1970's. Eventually PTSD made its first appearance in Diagnostic and Statistical Manual of Mental Disorders (DSM) in 1980.

PTSD is a common thing in America. 8 Million people in the U.S population have PTSD.

A study shows that 8.7% of black people in the U.S have PTSD, and less than 3% get treatment.

Suicide hotlines are numbers you can call to get in touch with people,during a crisis or an attempt. You can get immediate help to prevent suicide. Usually trained professionals that can speak many languages are at the end of a hotline, 24/7 trying their best to help people out.

Therapy is the treatment of mental or psychological disorders by psychological means. Therapy can give you breathing room and take the burden off of your shoulders.

National Suicide Prevention Line: 800-273-8255

Links and sources:

<https://whyy.org/segments/more-people-in-crisisdoesnt-mean-more-calls-to-suicide-hotlines-why-thedisconnect>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181586/#idm140081983599728title>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3097040/>

https://www.ptsd.va.gov/understand/common/common_adults.asp

<https://www.psychiatry.org/patients-families/ptsd/what-is-pt>

<https://blackbearrehab.com/mental-health/ptsd/history-of-ptsd/>

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