

Post-traumatic stress disorder (PTSD) is a mental condition of emotional and physical reactions whom have either witnessed or experienced a traumatic event.

Events cause the individual to fear for personal life and wellbeing can be considered PTSD events.

1. Physical Pain
2. Nightmares or Flashbacks
3. Depression or Anxiety
4. Withdrawal
5. Avoidance
6. Repression
7. Emotional Numbing
8. Hyper-arousal
9. Guilt and Shame

BPD9

**You Are Human It Is
OK To Ask For Help!
PTSD IS REAL**

