

# MAKING IT THROUGH

Mental Wellness | Updates | Events

## PTSD True or False

Which of the following statements is true?

- ✦ Everyone who experiences trauma will develop post traumatic stress disorder (PTSD)  
\_\_\_ True    \_\_\_ False
- ✦ If you experience Trauma it will affect you for the rest of your life  
\_\_\_ True    \_\_\_ False

**You can find the correct answers on next months newsletter!**

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## Resources

- [988 Suicide & Crisis Lifeline](#)  
Free and confidential support for people in distress, 24/7.
- [National Helpline](#)  
Treatment referral and information, 24/7.
- 1800-662-HELP (4357)

## PTSD Awareness Month: Recognizing and Addressing Trauma

Did you know that there are currently approximately 8 million people in the United States who have Post Traumatic Stress Disorder (PTSD)? PTSD Awareness Month aims to raise awareness about PTSD and inform people that there are effective treatments available.

When we think of PTSD we often think of Veterans, rightly so, it is where the idea of PTSD originated. PTSD, defined by the Substance Abuse and Mental Health Services Administration (SAMHSA), is a real disorder that develops when a person has experienced or witnessed a scary, shocking, terrifying, or dangerous event. Let's break down this definition and explore some causes and symptoms of PTSD.

Indirect experiences are often overlooked as possible precipitating factors leading to PTSD. Imagine you're on your way home from school, work, or an event, and you witness something terrible, such as a horrific car accident, an assault, a robbery or a mass shooting. You may stop and observe the incident, or in today's world of technology, you might pull out your phone and start recording or taking pictures. Afterward, not only are these traumatic incidents imprinted in your memory, but also dozens, hundreds, or even millions of people have vicariously witnessed this traumatic event through your recordings or posts. This can lead to the development of PTSD symptoms.

Next, let's discuss actual traumatic experiences, such as combat, sexual abuse, physical abuse, natural disasters, or breakups. People often try to resume normality after these traumatic events but struggle with the memories and emotions that cause them to



## Myths About PTSD

- PTSD only affects military or combat veterans. This misconception is harmful and may prevent people from seeking help. A person showing symptoms of PTSD may feel they don't have it because they haven't served in the military. Remember, PTSD can affect anyone.
- If the trauma happened a long time ago, you should be 'over it' by now. PTSD symptoms are sometimes delayed for years, especially when trauma is experienced at a young age. Suppressed memories can trigger PTSD symptoms.
- Since there's no cure for PTSD, treatment is a waste of time and money. This is false. Many effective treatments are available for people who live with PTSD. They can learn to effectively manage their symptoms and live productive, meaningful lives.
- Being diagnosed with PTSD is a sign of weakness. Getting help for PTSD is courageous and shows a commitment to improving yourself. When you suffer from physical illnesses or injuries, you don't hesitate to get medical treatment. Your mental health deserves the same care. Get the care you need to live a happier, healthier life.

repeatedly relive or replay the experience. According to SAMHSA, PTSD can make you feel stressed and afraid even after the danger has passed, and it can have a significant impact on your life and those around you.

PTSD can manifest at different times for different individuals. Some may experience signs of PTSD immediately after the terrifying event and continue to do so, while others may develop new or more severe symptoms months or even years later. Let's explore some signs and symptoms you may experience with PTSD.

- **Flashbacks, where you feel like the event is happening again**
- **Trouble sleeping or recurring nightmares**
- **Feeling isolated or detached from others**
- **Loss of interest in activities**
- **Outbursts of anger or extreme reactions**
- **Worry, guilt, or sadness**
- **Intrusive and frightening thoughts**
- **Difficulty concentrating**

These are just a few symptoms, but do any of these resonate with you? If so, please follow-up with a mental health professional. Symptoms can last for a few weeks or persist for many years, depending on the severity and persistence of the trauma. We are human beings with emotions and feelings, and whether we directly experience an event or witness it, it can impact our lives in ways that are sometimes difficult to comprehend. We often neglect to check in with ourselves until we reach a breaking point or others notice. As we highlight PTSD awareness month, the Making It Through program aims to create a greater awareness to ensure our readers understand the effects and support available, so those who suffer from it receive proper treatment.

## Frequently asked Questions about PTSD

**Q:** Is PTSD for real?

**A:** PTSD is very real. About 7-8% of Americans develop PTSD at some point in their lives, and approximately 8 million are diagnosed with PTSD each year.

**Q:** How can you support someone with PTSD?

**A:** Start by learning about the disorder, encourage your loved one to seek professional treatment. Listen and acknowledge their feelings and be patient.

**Q:** Does PTSD ever go away?

**A:** In some people, the symptoms and effects of PTSD go away after a few months. In others, they last for years. Many people with PTSD gradually improve, but professional help can help them make significant progress and get their lives back.