

# Post Traumatic Stress Disorder (PTSD)

## WHERE TO GO FOR HELP

If you require further information or help please contact your Employee Assistance Provider or your preferred medical or mental health provider.

### Beyondblue

An organization targeting awareness and responsiveness to mental illness, in particular depression.

[www.beyondblue.org.au](http://www.beyondblue.org.au)

### Anxiety & Stress Management Service of Australia

Information on anxiety disorders, available treatment, and anxiety-focussed programs.

[www.anxietynetwork.com.au](http://www.anxietynetwork.com.au)



Post Traumatic Stress Disorder (PTSD) is a form of anxiety disorder. PTSD typically arises in someone following their experience of a traumatic or significantly stressful event such as assault, abuse, personal/family violence, war or natural disaster.

Although between 50 and 80 percent of the population are estimated to experience a traumatic event in their lifetime significant enough to put them at risk of developing PTSD, not everyone will develop the disorder. Eight percent of the population are estimated to experience PTSD, although many recover within the first few months following the trauma.

Have you or someone you know experienced a traumatic event, and for over a month felt:

- Numb to your surroundings
- Easily startled
- Feelings of guilt
- Like you are reliving a traumatic event
- That you are developing a loss of memory
- Difficulty concentrating
- Sleeping problems
- Dissatisfied, depressed, or anxious
- That you are avoiding situations that remind you of a significant event

## WHAT TO DO?

Make yourself available to the person and acknowledge that the event has had a major impact on their life. Understand that the person may not be able to 'snap out of it', and recovery may take some time and involve ups and downs. Offer support to the person, but also be understanding if the person becomes upset and cries or becomes angry easily. Assist and encourage the person to re-establish a healthy routine, including eating, sleeping, exercising and keeping up activities.

Although it may take some time PTSD can be treated and recovery is possible. Assist the person in speaking with a professional and seeking suitable help.