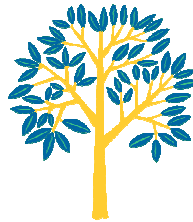


## Post-Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder that can occur after being exposed to a traumatic event (a traumatic event is an event that caused intense feelings of fear, helplessness, or horror). PTSD can result from *personally experienced* traumas (e.g., rape, war, natural disasters, abuse or violence, serious accidents, and captivity) or from the *witnessing* or *learning* of a violent or tragic event.



### **LSSU Counseling Services: A Resource for Students**

#### **Hours:**

Monday—Friday  
8:00 a.m. to 4:30 p.m.\*  
(\*hours may vary)

#### **For questions, appointments, or requests for information:**

623 W. Easterday Ave  
Call 906-635-2752  
(x2752 on campus)

#### **Visit our website:**

<http://www.lssu.edu/counseling>



**LSSU Counseling Services:  
A Resource for Students**

# Recognizing Post-Traumatic Stress Disorder (PTSD)

## Post-Traumatic Stress Disorder

The National Alliance on Mental Illness reports that anywhere between 2 and 9 percent of the population has had some degree of PTSD. The likelihood of developing the disorder is greater when someone is exposed to *multiple traumas* or to *traumatic events early in life* (or both).

*(2-9% of LSSU's population = 50-225 students)*

## PTSD SYMPTOMS

The symptoms for individuals with PTSD can vary considerably, however they generally fall into three categories (many symptoms are simply an extreme version of the body's natural response to stress):

### Re-experience

- Frequently having upsetting thoughts or memories about a traumatic event.
- Having recurrent nightmares.
- Acting or feeling as though the traumatic event were happening again, sometimes called a "flashback"
- Having strong feelings of distress when reminded of the traumatic event.
- Being physically responsive, such as experiencing a surge in your heart rate or sweating, to reminders of the traumatic event.

### Avoidance

- Making an effort to avoid thoughts, feelings, or conversations about the traumatic event.
- Making an effort to avoid places or people that remind you of the traumatic event.
- Having a difficult time remembering important parts of the traumatic event.
- A loss of interest in important, once positive, activities.
- Feeling distant from others.
- Experiencing difficulties having positive feelings, such as happiness or love.
- Feeling as though your life may be cut short.

### Hyperarousal

- Having a difficult time falling or staying asleep.
- Feeling more irritable or having outbursts of anger.
- Having difficulty concentrating.
- Feeling constantly "on guard" or like danger is lurking around every corner.
- Being "jumpy" or easily startled.

**PTSD is more common than you might think, and PTSD does not discriminate based on age, sex, or racial/ethnic background.**

**If you are in a profession that involves the repeated exposure to traumatic events or situations, please know that even though you are trained and prepared to respond to such events you are not immune to developing PTSD symptoms.**

PTSD symptoms do not mean that you are weak.

PTSD symptoms do not mean you are in the wrong profession for you.

PTSD symptoms do not mean you aren't exceptional at the work you do.

PTSD symptoms ARE an indicator that you might benefit from some support managing or reducing your symptoms.

## SUPPORT IS AVAILABLE

**LSSU Counseling Services  
(Counseling services and referrals)  
906-635-2752**

***For Veterans:*  
Chippewa County Veteran Affairs  
906-635-6370**