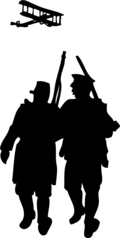
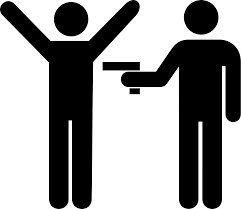
Posttraumatic Stress Disorder (PTSD)

Signs of PTSD

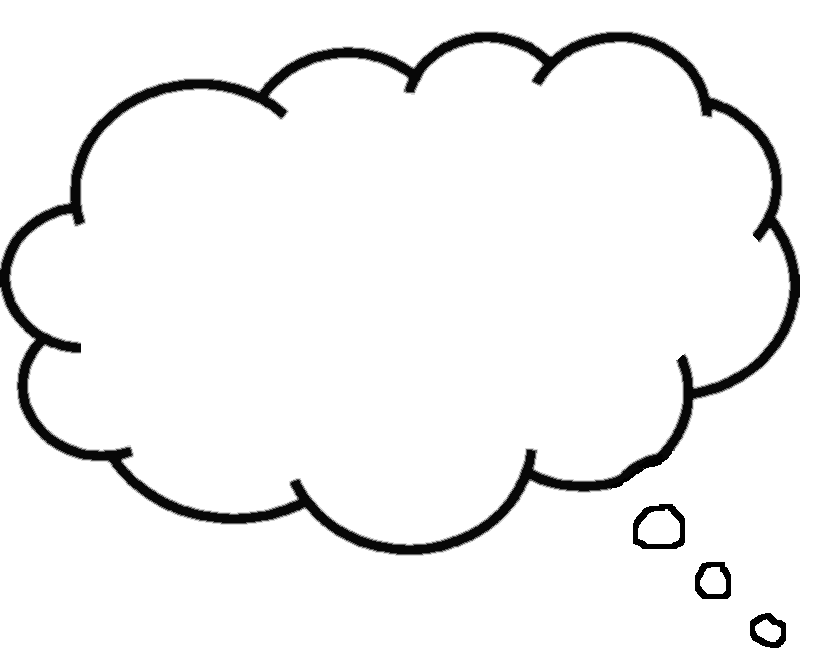




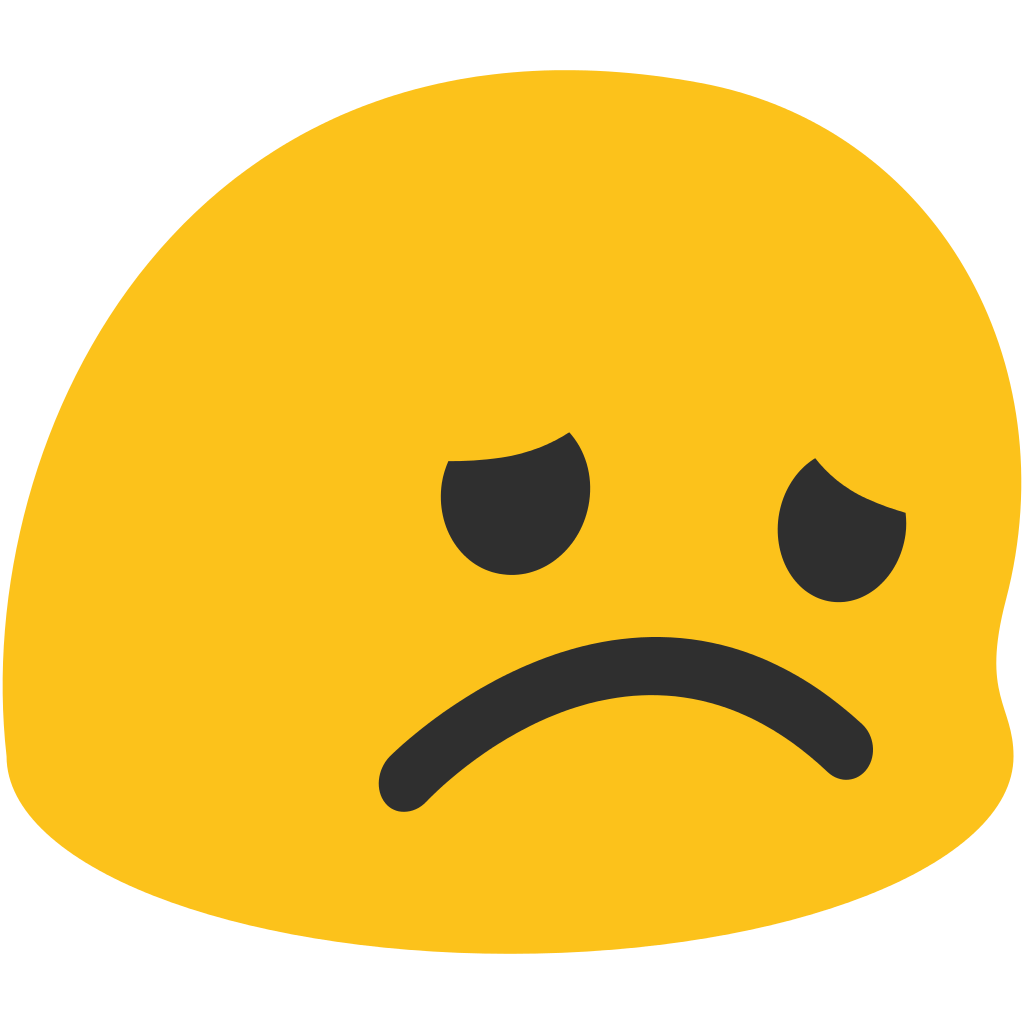
Irritability

History of trauma

Nightmares







CAPTION

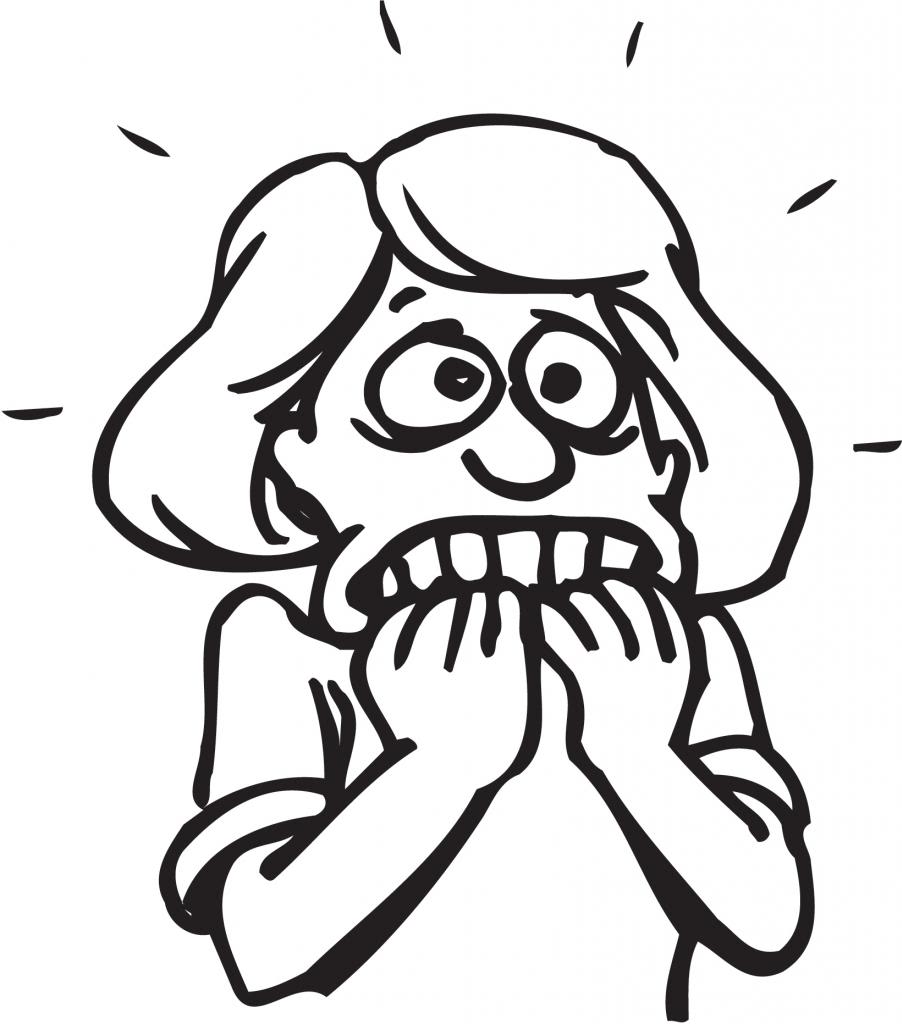
CAPTION

Negative outlook

Emotional numbness

Constantly on guard

What maintains PTSD?





Avoiding reminders of the event

Fearing recurrence

Lack of social support

How is PTSD treated?





Medication

Relaxation

Psychotherapy