

**If you are interested in joining Active Minds, a new organization devoted to raising mental health awareness on campus, please contact info@activemindsoncampus.org

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Did You Know?:

Post Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) can result from experiencing, witnessing or participating in an overwhelmingly traumatic event. Often, people with PTSD have persistent frightening thoughts and memories of their ordeal and feel emotionally numb, especially with people they were once close to.

- PTSD affects about 5.2 million adult Americans (up to 10% of the population).
- Women are more likely than men to develop PTSD
- It can occur at any age, including childhood
- In those who do develop PTSD, symptoms usually begin within 3 months of the trauma, and must last more than a month to be diagnosed
- The disorder is **often accompanied by depression, substance abuse, or one or more other anxiety disorders**. In severe cases, the person may have trouble working or socializing
- People with PTSD can be helped by psychotherapy and medication
- *Ordinary events can serve as reminders of the trauma and trigger flashbacks or intrusive images. Anniversaries of the traumatic event are often very difficult*

ACTIVE MINDS ON CAMPUS WEBSITE:

www.activemindsoncampus.org

*Facts obtained from Friends Hospital, the National Institute of Mental Health and the American Psychiatric Association