



# Post-Traumatic Stress Disorder (PTSD) Awareness Month



## HOW TO CONTROL PTSD:

- **VISIT A THERAPIST.**
- **CONSIDER A SUPPORT GROUP.**
- **SPEND MORE TIME FOCUSING ON SELF-CARE.**

## Not all wounds are visible

BY: THE LOCAL HEALTH DEPARTMENT

PTSD is a disorder in which an individual has difficulty recovering from a traumatic event or experience. PTSD can affect anyone at any age specifically but not limited to victims of violent attacks, combat veterans, neglected children, and emergency responders. This disorder affects over 14 million Americans in a given year. Some symptoms include depression, panic attacks, insomnia, and isolation. Fortunately this disorder can be controlled with treatment and support.

For more information, visit [your local health department website](#)