

POST TRAUMATIC STRESS DISORDER

- Anger and Irritability
- Depression and Apathy
- Hypervigilance
- Guilt
- Poor Judgment
- Sleep Disturbances
- Lack of Feelings
- Self Medication with Drugs or Alcohol



Download this poster for free at www.oregon.gov/awareness_campaign.shtml

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after exposure to one or more traumatic events that threatened or caused great physical harm.

It is a severe and ongoing emotional reaction to an extreme psychological trauma. This stressor may involve someone's actual death, a threat to the patient's or someone else's life, serious physical injury, an unwanted sexual act, or a threat to physical or psychological integrity.

If you believe you are experiencing symptoms of Post Traumatic Stress Disorder, contact the Oregon Department of Veterans' Affairs today and ask to make an appointment with a veterans service officer who can provide assistance that may make a difference.

You're not alone – your fellow veterans care about you!



CALL FOR AN APPOINTMENT

800-692-9666

Visit ODVA online for more information at www.oregon.gov/odva