

What is PTSD?

Post-Traumatic Stress Disorder is a mental health condition that is triggered by an event that leads to a lot of stress and anxiety.

People with PTSD often have sudden anxiety and flashbacks triggered by something that reminds the person of a bad event(s).

Symptoms of PTSD Include:

- Nightmares
- Unwanted Memories of the Event
- Avoiding of reminders of the event
- Anxiety
- Trouble sleeping
- Emotional Detachment

PTSD may last for months or years, with triggers that can bring on anxiety and intense memories of the event.



Resources

free/low-cost clinics:

UF Health Total Care Clinic - Jacksonville
1833 Boulevard St 5th Floor, POB
Jacksonville, FL 32206, (904) 383-1040
Agape - Wesconnett Community Health Center
5150 - 9 Timuquana Road
Jacksonville, FL - 32210
904-253-1120

Sidran Institute Hotline helps people understand, manage and treat trauma and dissociation (410-825-8888)

Psychology Today offers a national list of therapists, psychiatrists, therapy groups, and treatment options

SAMHSA Treatment Locator provides referrals to low-cost/sliding scale mental health care & substance abuse (800-662-4357)

Therapists that take Florida Blue insurance:

- Raja Bashiti (in the future)
 - 904-549-6027
- Grow Therapy
 - Growtherapy.com
- Angela Sims
 - 727-288-4896

Trauma Workshop

Presented by GRMR with speaker Raja Bashiti



What to do at home

Grounding techniques:

- Put your hands in cold water, then warm water, and repeat
- Picture your favorite place
- Rub your hand lightly over the carpet or a piece of furniture and notice the texture.



Breathing techniques:

- Slowly breathe in, then out
- Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds



There are a lot of ways to treat PTSD, and by making small changes at home and in your everyday routine, you and your loved ones can work to win the battle against PTSD.

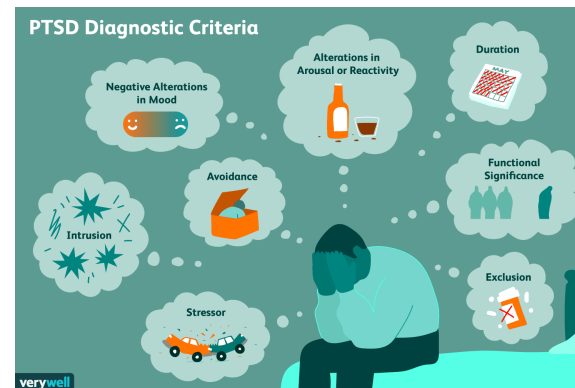
How is PTSD different from depression and anxiety?

PTSD and depression share similar symptoms, such as trouble sleeping, sleeping too much, emotional outbursts, or loss of interest in people or things.

The difference is that depression may not be related to a specific problem. It is not something that someone can snap out of, and it can occur on and off over a long or short period of time.

PTSD usually develops because of a specific event that is life threatening or traumatic. Signs of PTSD may show up months after the original event and usually can be triggered by certain things that remind them of that traumatic event, and this can cause a lot of distress.

PTSD is different from generalized anxiety disorder because people with generalized anxiety disorder have a longer pattern of anxiety that happens in certain situations but may not be tied to a specific event.



Why is Therapy Important?

The first step of seeking therapy and treatment can be hard. But it is important because if left untreated, PTSD symptoms can get worse.

Therapy can help you:

- Understand and make sense of your trauma
- Reconnect with your loved ones
- Create goals for everyday activities (work, school, extracurriculars, etc.)
- Overcome negative thoughts and emotions



One of the best ways you can seek therapy is through a therapist. The process of “getting better” can be different for different people so it is important to find one that is best suited for you. Therapists can give you a diagnosis accordingly and a tailored plan for healing.