

Download Understanding Combat Related Post Traumatic Stress Disorder

If you have gone through a traumatic experience, it is normal to feel lots of emotions, such as distress, fear, helplessness, guilt, shame or anger. You may start to feel better after days or weeks, but sometimes, these feelings don't go away. If the symptoms last for more than a month, you may have post-traumatic stress disorder or PTSD. Post-traumatic stress disorder (PTSD) is a mental health condition triggered by a terrifying event, causing flashbacks, nightmares and severe anxiety. PolicePTSD.com is focused on Public Service and Military Stress related support. We deliver useful information, on latest treatments and peer to peer support. Posttraumatic stress disorder (PTSD) is a mental disorder that can develop after a person is exposed to a traumatic event, such as sexual assault, warfare, traffic collisions, or other threats on a person's life. Symptoms may include disturbing thoughts, feelings, or dreams related to the events, mental or physical distress to trauma-related cues, attempts to avoid trauma-related cues ...