What is post-traumatic stress disorder or PTSD?

PTSD is a real illness. You can get PTSD after living through or seeing a dangerous event. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you. If you have PTSD, you can get treatment and feel better.

How do I know if I have PTSD?

Your doctor can help you find out. Call your doctor if you have any of these problems:
- Bad dreams
- Flashbacks, or feeling like the scary event is happening again
- Scary thoughts you can’t control
- Staying away from places and things that remind you of what happened
- Feeling worried, guilty, or sad
- Feeling alone
- Trouble sleeping
- Feeling on edge
- Angry outbursts
- Thoughts of hurting yourself or others

Facts About PTSD

- PTSD can affect anyone at any age.
- Millions of Americans get PTSD every year.
- Many war veterans have had PTSD.
- Women tend to get PTSD more often than men.
- PTSD can be treated. You can feel better.
- A doctor or mental health professional who has experience in treating people with PTSD can help you. Treatment may include “talk” therapy, medication, or both. Treatment might take 6 to 12 weeks. For some people, it takes longer. Treatment is not the same for everyone. What works for you might not work for someone else.

How Your EAP can Help

If you think you may be suffering from PTSD, your EAP can help. We will provide in-the-moment telephonic support, conduct an assessment, and determine an appropriate plan of action, which may include short-term counseling, referrals to support groups and other community resources, or a referral to your health plan for more intensive support and/or medication. Helpful information about PTSD is also available.