PTSD WARNING SIGNS

- Flashbacks
- Bad Dreams
- Frightening Thoughts
- Easily Startled
- Feeling Tense / On Edge
- Angry Outbursts
- Words, objects or situations can be reminders
- Avoiding reminders like places, events or objects
- Distorted feelings of guilt or blame

*Individuals exhibiting these signs may not necessarily have PTSD*

People with PTSD are at higher risk for developing depression and/or substance use issues.

To speak with a counselor or be connected to services contact NYC Well: 1-888-NYC-WELL or text “Well” to 65173

Staten Island Performing Provider System
Post Traumatic Stress Disorder (PTSD) is an anxiety disorder developed after experiencing or witnessing a scary or dangerous event.

PTSD AWARENESS

You are at a higher risk of PTSD if you've experienced the following:

- War
- Physical / Mental Abuse
- Accidents
- Natural Disasters

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Post Traumatic Stress Disorder is an anxiety disorder developed after experiencing or witnessing a scary or dangerous event.

In the US 8 million people may experience PTSD.

6 of every 10 men and 5 of every 10 women will experience at least one trauma in their lives.

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