

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



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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Staten Island
Performing Provider System

NATIONAL PTSD
AWARENESS DAY

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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