

POST TRAUMATIC STRESS DISORDER

Post Traumatic Stress Disorder (PTSD) is a particular set of reactions that can develop in people who have been through a traumatic event which threatened their life or safety, or that of others around them. This could be a car or other serious accident, physical or sexual assault, war or torture, or disasters such as bushfires or floods. As a result, the person experiences feelings of intense fear, helplessness or horror.

Signs & symptoms

If you are suffering from PTSD you may experience the following difficulties:

- Reliving the traumatic event
- Being overly alert or wound up
- Avoiding reminders of the event
- Feeling emotionally numb
- Negative Thoughts

Treatment

Effective treatments are available. Most involve psychological treatment (talking therapy), but medication can also be prescribed in some cases.

Maitland Private Hospital offers a number of therapies for people experiencing PTSD, as both an inpatient or through our Day Programs.