



All You Need To Know About PTSD

PTSD is a type of mental health disorder that may arise following an individual's exposure to or observation of a distressing incident.



Symptoms of PTSD may include flashbacks, nightmares, avoidance of reminders of the event, and heightened anxiety.



PTSD will affect approximately

6%

of the U.S. population at some point in their lives, which translates to around 6 out of every 100 individuals.

<https://bit.ly/3KNIqNa>



Causes

Any individual who has undergone a traumatic occurrence is susceptible to being impacted by PTSD.

This can include soldiers, survivors of sexual assault, and those who have experienced natural disasters or accidents.

Treatment



Effective treatment for PTSD may include therapy, medication, or a combination of both.



Trauma-focused cognitive behavioral therapy (CBT) is a commonly used approach that can help individuals process traumatic events and develop coping skills.



Professional Help

Those with PTSD need to seek professional help.

There are many resources available, including mental health clinics, online counseling services, and support groups.



Looking for an online cognitive evaluation session?

Head Over To
www.zikshealthservices.com

