

What is PTSD?

Although we all deal with traumatic events differently, many people do not suffer any adverse effects from traumatic events. However, there are people who will experience or witness a traumatic event that is life threatening or potentially life-threatening and continue to re-experience the event over and over again, sometimes for months or years. They can have flashbacks or recurring nightmares about the event. They may begin to avoid situations or conversations that remind them about the trauma. They may have problems falling asleep or staying asleep. They often startle easily or can seem “overly alert” as if they are anticipating another traumatic event. For such people, the trauma seems to never end – they have Posttraumatic Stress Disorder (PTSD).

What you need to know about PTSD:

- PTSD is a response by normal people to a traumatic situation
- It is not your fault that you feel this way
- There is help and treatment for PTSD

For more information on PTSD, please see the information available at the Centre for Addiction and Mental Health (CamH) website by following the link below:

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/posttraumatic_stress_disorder/Pages/ptsd_refugees_brochure.aspx