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404 Spring Street  
Jeffersonville, IN 47130  
812-280-2080

Children & Family Services  
460 Spring Street  
Jeffersonville, IN 47130  
812-206-1416

Integrated Treatment Center  
1036 Sharon Drive  
Jeffersonville, IN 47130  
812-280-6606

Turning Point Center  
1060 Sharon Drive  
Jeffersonville, IN 47130  
812-283-7116

New Albany Center  
618 East Main Street, #9  
New Albany, IN 47150  
812-280-2080

Floyd County Office  
2820 Grant Line Road  
New Albany, IN 47150  
812-981-2594

Harrison County Office  
O'Bannon Center  
535 Country Club Rd. S.E.  
Corydon, IN 47112  
812-738-2114

Jefferson County Office  
1405 Bear Street  
Madison, IN 47250  
812-265-4513

Scott County Office  
75 N. 1st Street  
Scottsburg, IN 47170  
812-752-2837

Washington County Office  
1321 Jackson Street  
Salem, IN 47167  
812-883-3095

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460 Spring Street  
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# ***Is it getting more difficult to cope?***

## **What is PTSD?**

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that's triggered by a traumatic event. Some people who go through these types of events have difficulty adjusting and coping for awhile. Symptoms may include flashbacks, nightmares and severe anxiety, or uncontrollable thoughts about the event. Symptoms typically start within three months of the event. However, in a small number of cases, PTSD symptoms may not appear until years later.

## **PTSD Symptoms:**

- Flashbacks, or reliving the traumatic event
- Feeling emotionally numb
- Avoiding activities you once enjoyed
- Upsetting dreams about the traumatic event
- Feeling hopeless
- Memory problems
- Trouble concentrating
- Difficulty maintaining close relationships
- Irritability or anger
- Overwhelming guilt or shame
- Trying to avoid thinking or talking about the traumatic event
- Trouble sleeping
- Being easily startled or frightened

## **Who Gets PTSD?**

Anyone of any age can get Post-Traumatic Stress Disorder. The most common type of events are combat exposure, childhood neglect and physical abuse, sexual assault, physical attack, or being threatened with a weapon. But many other traumatic events can also lead to Post-Traumatic Stress Disorder, including fire, natural disaster, mugging, robbery, civil conflict, car accident, life threatening medical diagnosis, and other extreme or life threatening events.

## **Do I Need Help?**

Post-Traumatic Stress Disorder symptoms can come and go. You may have more symptoms when things are stressful in general. It's normal to have a wide range of feelings and emotions after a traumatic event. You might experience fear and anxiety, a lack of focus, sadness, changes in how well you sleep or how much you eat, or crying spells that catch you off guard. You may have nightmares or be unable to stop thinking about the event. This doesn't mean you have Post-Traumatic Stress Disorder.

However, if you have disturbing thoughts and feelings for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to your health care professional. Getting treatment as soon as possible can help prevent symptoms from getting worse.

***THERE IS HELP. THERE IS HOPE.***