

PTS

Don't Let It

CONSUME YOU!

* Recognizing Signs and Symptoms

* Fighting the Stigma

* Getting HELP



SYMPTOMS OF POST TRAUMATIC STRESS

INCREASED ANXIETY AND EMOTIONAL AROUSAL

- Hypervigilance (on Constant "RED ALERT")
- Intense Physical Reactions (Pounding heart, nausea, muscle tension, sweating irritability or outbursts of anger)
- Irrational and intense fear
- Difficulty concentrating
- Panic Attacks/anxiety/depression/mood swings

AVOIDANCE & NUMBING

- Difficulty falling or staying asleep
- Inability to remember important aspect of the trauma
- Loss of interest in activities & life in general
- Feeling numb & empty
- Avoidance of people & places
- Feeling isolated

RE-EXPERIENCING THE TRAUMATIC EVENT

- Flashbacks (Acting or feeling like the event is happening again)
- Nightmares (either of the event or of other frightening things)
- Feelings of intense distress when reminded of the trauma oneself

OTHER COMMON SYMPTOMS

- Feeling Suicidal
- Self harm & self-destructive tendencies
- Feeling distrustful & suspicious /blaming others
- Guilt, shame, embarrassment or self blame
- Misuse of alcohol/drugs/gambling and/or food
- Seeking out high-risk/dangerous pursuits
- Physical aches and pains



FOR HELP!

FIRE/EMS Helpline: 1(888) 731-FIRE

or

National Volunteer Fire Council

<https://www.nvfc.org/programs/share-the-load-program/>

