



PTSD: What Is It, and How Can I Get Help?

A specific, well-understood, and treatable condition

6.8%

of U.S. adults will experience PTSD at some point in their life.

Source: NIMH

Most Don't

About half of adults experience a traumatic event, but most do not develop PTSD.

4 Areas to Recognize

A diagnosis requires symptoms across all four, lasting 1+ month and disrupting daily life.

● Intrusion

Unwanted memories, flashbacks, or nightmares related to the event.

● Avoidance

Steering clear of people, places, or reminders connected to it.

● Negative Mood Changes

Numbness, guilt, or persistent negative beliefs about yourself or the world.

● Hyperarousal

Feeling on edge, easily startled, or trouble sleeping.

Myths vs. Facts

MYTH	FACT
"Only combat veterans get PTSD."	It can follow any traumatic event — most who develop it are civilians.
"If you don't talk about it, you're fine."	Avoidance is itself a core symptom, not evidence of coping well.
"PTSD means you're broken forever."	It's highly treatable with specific, well-studied therapies.

Effective, Evidence-Based Treatment

EMDR and Neurofeedback are two of the most powerful first-line PTSD treatments to treat the root cause of PTSD.

Get Help Now

988 — Suicide & Crisis Lifeline

Call or text, free and confidential, available 24/7.

Veterans Crisis Line

Dial 988, then press 1 — or text 838255.

SAMHSA National Helpline — 1-800-662-4357

Free, confidential treatment referrals, 24/7.

This guide is educational and not a substitute for professional diagnosis or care.