



VALLEY TRAUMA CENTER

Sexual Assault Services for the San Fernando and Santa Clarita Valleys

POST TRAUMATIC STRESS DISORDER

24-HOUR HOTLINE

San Fernando (818) 886-0453 Santa Clarita (661) 253-0258

Post Traumatic Stress Disorder (PTSD) is your brain's way of coping with a traumatic event. It can show up anywhere from several months to several years after a traumatic experience. PTSD does not always occur after a traumatic experience, and if it does, it can be fixed.

Acute Symptoms

(The first and most common symptoms)

- Nightmares
- Anxiety (worry)
- Intrusive thoughts (thought about the event when you don't want to think about it, sort of like a flash)
- Hostility and or violence (lots of anger and/or irritability)
- Panic Attacks (trouble breathing, heart racing, sweaty, can't concentrate)

These symptoms usually go away within 6 weeks. If another trauma or situation that feels similar to the trauma happens, they may resurface. On the anniversary date of the trauma, they may come back. If any other "loss" occurs symptoms may come back, but they don't stay as long and aren't as intense the second or third time around.

Chronic Symptoms

(Long term abuse symptoms, or what happens when people have suffered multiple abuses)

- Problems with emotional intimacy
- Problems with sexuality and/or sexual identity
- Work related problems
- Difficulty concentrating
- Drug and/or alcohol abuse
- Diminished achievement and/or impersonal relationships

Oftentimes people with Chronic PTSD have been labeled as neurotic, mentally ill, borderline, etc... It is easy to misdiagnose someone with PTSD if you do not have a specialty in trauma. It is always possible to have another diagnosis and to also have PTSD, but it would be important to work with the trauma first.

If you are experiencing any PTSD symptoms or would like more information, please feel free to call us at one of our 24-hour hotline numbers (818) 886-0453 or (661) 253-0258.