Post-Traumatic Stress Disorder

URL of this page: http://www.nlm.nih.gov/medlineplus/posttraumaticstressdisorder.html

Also called: PTSD

Post-traumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.

PTSD can cause problems like

- Flashbacks, or feeling like the event is happening again
- Trouble sleeping or nightmares
- Feeling alone
- Angry outbursts
- Feeling worried, guilty or sad

PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later. PTSD can happen to anyone, even children.

Medicines can help you feel less afraid and tense. It might take a few weeks for them to work. Talking to a specially trained doctor or counselor also helps many people with PTSD. This is called talk therapy.

NIH: National Institute of Mental Health

Start Here

  Also available in Spanish [http://www.nimh.nih.gov/health/publications/espanol/trastorno-de-estres-portraumatico-facil-de-leer/index.shtml]
  Interactive Tutorial (Patient Education Institute)
- What Can I Do If I Think I Have PTSD? [http://www ptsd va gov/public/pages/what-if-think-have-ptsd asp]
  (National Center for PTSD)

Overviews

  Also available in Spanish
- Post-Traumatic Stress Disorder (PTSD) [http://www.mayoclinic.com/health/post-traumatic-stress-disorder/DSo0246/METHOD=print] (Mayo Foundation for Medical Education and Research)

Latest News
Diagnosis/Symptoms


Treatment


Alternative Therapy


Rehabilitation/Recovery

- PTSD Treatment Programs in the U.S. Department of Veterans Affairs [http://www.ptsd.va.gov/public/pages/va-ptsd-treatment-programs.asp] (National Center for PTSD)

Coping

- Having Trouble Coping? There Is Hope [http://www.samhsa.gov/MentalHealth/NSPL_Disaster_Tips_Wallet_Card.pdf] (Center for Mental Health Services) - PDF
- In the Wake of Trauma: Tips for College Students [http://www.samhsa.gov/mentalhealth/afterdisaster.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Tips for Survivors of a Traumatic Event: Managing Your Stress [http://store.samhsa.gov/shin/content/SMA10-DISASTER/SMA10-DISASTER-08.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

Specific Conditions

- Complex PTSD [http://www.ptsd.va.gov/professional/pages/complex-ptsd.asp] (National Center for PTSD)
  Also available in Spanish [http://familydoctor.org/online/famdoces/home/common/mentalhealth/anxiety/449.printerview.html]
• Types of Trauma [http://www ptsd va gov/public/pages/gen-types-of-trauma asp] (National Center for PTSD)

Related Issues
• Common Reactions After Trauma [http://www ptsd va gov/public/pages/common-reactions-after-trauma asp] (National Center for PTSD)
• Disaster Rescue and Response Workers [http://www ptsd va gov/professional/pages/disaster-rescue-response asp] (National Center for PTSD)
• Effects of PTSD on Family [http://www ptsd va gov/public/pages/effects-ptsd-family asp] (National Center for PTSD)
• Frequently Asked Questions about Post-Traumatic Stress Disorder (PTSD) & Employment [http://www americasheroesatwork gov/forEmployers/factsheets/FAQPTSD/] (Office of Disability Employment Policy, Veterans’ Employment and Training Service)
• PTSD: Other Common Problems [http://www ptsd va gov/public/pages/fs/list-other_common_problems asp] (National Center for PTSD)
• Tips for Communicating with People with Traumatic Brain Injury (TBI) & Post-Traumatic Stress Disorder (PTSD) [http://www americasheroesatwork gov/forEmployers/factsheets/tips/] (Office of Disability Employment Policy, Veterans’ Employment and Training Service)

Tutorials
• Post-Traumatic Stress Disorder (PTSD) [http://www nlm nih gov/medlineplus/tutorials/ptsd/htm/index htm] (Patient Education Institute)
  Also available in Spanish [http://www nlm nih gov/medlineplus/spanish/tutorials/ptsdspanish/htm/index htm]

Videos
• About Face [http://www ptsd va gov/apps/AboutFace/] (National Center for PTSD)
• NIMH Video and Audio about Post-Traumatic Stress Disorder [http://www nimh nih gov/media/index-ptsd shtml] NIH (National Institute of Mental Health)

Clinical Trials
• ClinicalTrials gov: Stress Disorders, Post-Traumatic [http://clinicaltrials gov/search/open/condition=%22Stress+Disorders,+Post-Traumatic%22] NIH (National Institutes of Health)

Research
• Post-Traumatic Stress Disorder (PTSD) [http://report nih gov/NHfactualsheet s/ViewFactSheet.aspx?csid=58] NIH (National Institute of Mental Health)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
• Article: Research on homeless vets suggests ways to target services based... [http://www ncbi nlm nih gov/pubmed/23757061?tool=MedlinePlus]
• Article: Controlled trial of psychotherapy for Congolese survivors of sexual violence. [http://www ncbi nlm nih gov/pubmed/23738545?tool=MedlinePlus]
• Post-Traumatic Stress Disorder – see more articles [http://www ncbi nlm nih gov/pubmed]
Directories
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

Organizations
- National Center for PTSD [http://www.ptsd.va.gov/]
- National Institute of Mental Health [http://www.nimh.nih.gov/] NIH

Statistics

MedlinePlus Magazine

Children
- Posttraumatic Stress Disorder [http://kidshealth.org/parent/positive/talk/ptsd.html] (Nemours Foundation)
  Also available in Spanish [http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/Entendamoselestrautmico.pdf]
- Understanding Traumatic Stress in Children [http://www.familyhomelessness.org/media/91.pdf] (National Center on Family Homelessness) - PDF

Teenagers

Women

Seniors
- Aging Veterans and Posttraumatic Stress Symptoms [http://www.ptsd.va.gov/public/pages/ptsd-older-
Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000925.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000588.htm]

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The primary NIH organization for research on Post-Traumatic Stress Disorder is the National Institute of Mental Health [http://www.nimh.nih.gov]


Date last updated: 18 July 2013
Topic last reviewed: 11 April 2013