

HELP IS RIGHT HERE!

For more information or to
schedule an appointment, call
St. Elizabeth Physicians Behavioral Health
at **(859) 301-5901**.

Helpful Phone Numbers

▶ Youth:

Cincinnati Children's Hospital
Division of Psychiatry:
(513) 636-3200

▶ Youth & Adults:

SUN Behavioral Health:
(859) 429-5188

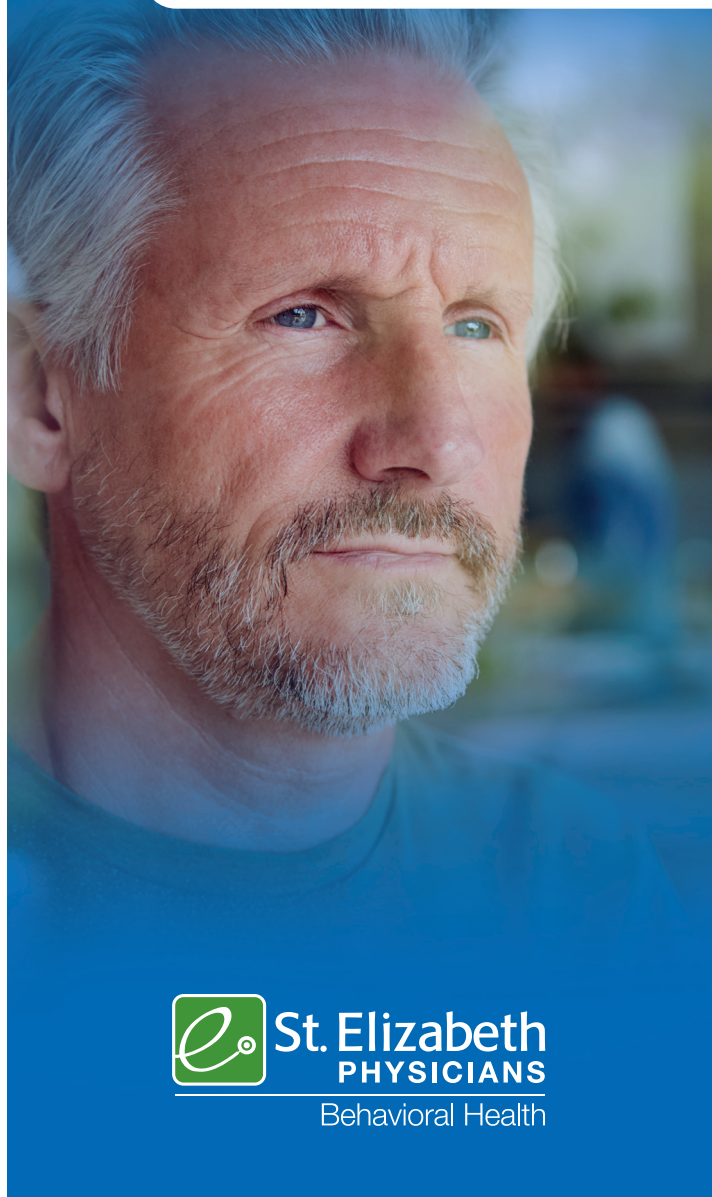
If you or a loved one are having suicidal thoughts,
get help right away!

Call **(800) 273-8255** to speak with a suicide
prevention expert 24 hours a day, seven days a week.



Behavioral Health: POST-TRAUMATIC STRESS DISORDER (PTSD)

You're not alone.



CONSTANT FEELINGS OF DANGER.

Post-traumatic stress disorder (PTSD) can be diagnosed in anyone who has experienced a frightening or dangerous situation. According to the U.S. Department of Veterans Affairs, six out of every ten men (60%) and five out of every ten women (50%) experience a traumatic event in their lives. These incidents can trigger the “fight or flight” response in your body, which is a normal reaction meant to help protect you when you’re in danger. Sometimes our bodies get stuck in that response, leaving prolonged feelings of stress and trauma for weeks, months and even years after the danger has passed.

Symptoms:

It’s normal to experience short-term panic or feel overwhelmed after a traumatic event, but when these symptoms don’t improve, it’s time to get help. Common PTSD symptoms to watch for include:

Arousal and Reactivity Symptoms:

- Angry outbursts, feeling on edge, tense or stressed.
- Easily scared or startled.
- Inability to concentrate.

Hyperactivity-Impulsivity:

- Avoiding thoughts about the experience.
- Blocking out feelings.
- Avoiding places or things that trigger memories of the incident.

Cognition and Mood Symptoms:

- Blame, guilt.
- Difficulty remembering key details about the incident.
- Distorted, negative thoughts.



Re-experiencing Symptoms:

- Flashbacks, nightmares, scary thoughts.
- Physical response (sweating or racing heart).

Treatment:

PTSD affects everyone differently. At St. Elizabeth Behavioral Health, our caring team of experts are here to listen to your concerns, provide supportive behavioral care and assist you in creating an individualized treatment path.

Talking through traumatic experiences can be difficult and scary. Our team would never force you to talk about something you aren’t ready to discuss. We will start where you are and stay with you every step of the way.

The first step towards taking control of your fears is to call (859) 301-5901 and schedule an appointment with one of our specialists.