

Could you be suffering from PTSD?

Post-Traumatic Stress Disorder is a Psychological condition that may develop after a person has been involved in or witnessed a traumatic event... such as the floods of Cumbria.



You're not alone...

Around 1 in 3 of us will experience PTSD at some point in our lives

Post-traumatic stress disorder:

Common physical and psychological symptoms of PTSD

include:

- Recurring thoughts/flashbacks
- Difficulty falling asleep/staying asleep
- Feelings of anxiousness and irritability/increased heart rate and respiratory rate
- Difficulty enjoying things you perhaps used to
- Panic attacks
- Difficulty concentrating
- Feeling detached from others
- Back and shoulder muscles tense

After a traumatic incident, you may avoid doing things that relate to the trauma, you may re-live the trauma in your mind as well as feelings of depression, irritability and feel more alert than usual.

How could I help myself when I feel overwhelming thoughts/anxiousness?

- Distraction – choose 3 things in the room and study the shape, size, texture etc of these objects for 3 minutes. This will help to control and focus your mind.

- Grounding – engage your five senses; sight, sound, touch, smell and taste. Find at least one of each of the senses in order to re-focus your mind to the present.
- Mindful breathing – find a quiet space, close your eyes and bring your attention to your breathing. Notice the breath in your body and the gentle rhythm of your breathing. Focus on this and only this.
- Do something active – walk, run, cycle, etc. physical activity can lift your mood.

Where can I find further help?

- www.mind.org
- www.nhs.co.uk
- www.mentalhealthmatters.com

There are many different ways to seek support for PTSD. It is recommended you seek support from your GP and local mental health services. As well as this, CERT-UK provides a confidential counselling service free of charge and available to everyone. Get in touch with us on 01768 593190 or e-mail us at info@certuk.org.uk.

If you feel you do require urgent advice or just someone to listen, call the Samaritans 24 hour helpline on: 116 123.



You could help expand our support services at CERT-UK by letting us know if you or someone you know may be suffering from PTSD, even if you do not require our support services. All information is treated as confidential.