Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event. What it’s like to have PTSD may be different for everyone. There are four types of PTSD symptoms.

**Reliving or re-experiencing the event**
- Nightmares
- Flashbacks
- Triggers

**Hyperarousal or being on guard**
- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable

**Avoidance**
- Avoiding Crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event

**Negative changes in beliefs and feelings**
- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

**Do you have PTSD Symptoms?**
- Answer 5 questions to see if your thoughts and feelings are related to PTSD: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
- Learn about and compare effective treatment options using the PTSD Treatment Decision Aid: [www.ptsd.va.gov/decisionaid](http://www.ptsd.va.gov/decisionaid)
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)