Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.

7 to 8% of the U.S. population will have PTSD at some point in their lives.

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?
- Hear Veterans share their experiences with PTSD and PTSD treatment at AboutFace
- Learn about and compare effective treatment options using the PTSD Treatment Decision Aid
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: www.ptsd.va.gov