

# Posttraumatic Stress Disorder (PTSD)

Posttraumatic Stress Disorder (PTSD) develops after a person is negatively affected from a traumatic event(s) such as combat, an accident, or natural disaster.

## Did you know?

- According to Meyer and colleagues (2012), **24.2% of firefighters** are affected by PTSD compared to **8.7% of U.S. adults** and **9.2% of Canadian adults** in their lifetime.



Brought to you by Peer Support Central Texas, a 2016 Texas A&M and Baylor Scott & White Health study in partnership with the IAFF, funded by the Hogg Foundation for Mental Health.

## Symptoms include:

- Intrusive memories
- Avoidance
- Negative alterations in cognition and mood
- Alteration in arousal and reactivity

To meet the full diagnosis, all the symptoms have to be present for a **full month**.

## References and Resources:

- <http://www.iaffrecoverycenter.com/> (IAFF Recovery Center)
- <http://www.ptsd.va.gov/> (National Center for PTSD)
- <http://www.afterdeployment.com> (Online Self Assessments and Facts)

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