**Post Traumatic Stress Disorder (PTSD)**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
| --- | --- | --- |
| Having 3 things that you would like to do | Maintaining a pleasant environment | Psychologist |
| Being close to nature- walking, looking flowers, birds, feeling the wind, clouds | Avoiding reminders of traumatic events | Psychiatrist |
| Maintaining a diary or audio- journal. | Being patient and respectful | Licenced mental health professional |
| Focusing on breathing | Being a good listener and accepting without judging | Clinical social worker |
| Trying grounding technique |