



PTSD

FOCUS: **Stabilization, intensive care, safety, and long-term support.**

- 1. Intensive Therapy or Inpatient Support:** Specialized treatment centers or trauma programs may provide needed structure and safety.
- 2. Crisis Plan:** Work with your therapist to develop a personalized crisis plan and safety measures.
- 3. Manage Dissociation or Flashbacks:** Use grounding items, sensory tools, and emergency coping techniques.
- 4. Integrated Care:** Collaborate with a team—psychiatrist, therapist, GP—to address physical and mental health together.
- 5. Gentle Daily Tasks:** Celebrate small wins—eating a meal, getting out of bed, or speaking to a support person.