

Mental Health Prediction Result

Prediction: Post-traumatic stress disorder (PTSD)

Your mental health prediction is **Post-traumatic stress disorder (PTSD)**, indicating a potential concern. Please consider seeking professional help or using self-help resources.

Confidence: 99%

Symptoms

Post-traumatic stress disorder (PTSD):

1. Flashbacks or intrusive thoughts about the traumatic event.
2. Intense physical or emotional reactions to reminders of the event Nightmares.
3. Avoiding thinking or talking about the trauma and avoiding people, places, activities or sensations that remind you of the trauma.

Treatment

Post-traumatic stress disorder (PTSD):

1. Treatment for PTSD may involve therapy (Cognitive Processing Therapy,Prolonged Exposure Therapy,Stress Inoculation Training), medications (antidepressants).
2. Lifestyle modifications like Write down your thoughts in a daily basis, drink enough water,get restful sleep and be mindful of your caffeine intake these can help manage symptoms.

Recommendations

1. Engage in daily physical activity can help alleviate symptoms.
2. Develop a meditation practice and get restful sleep.
3. Limit your use of alcohol and drugs.

For immediate assistance, contact a mental health professional.