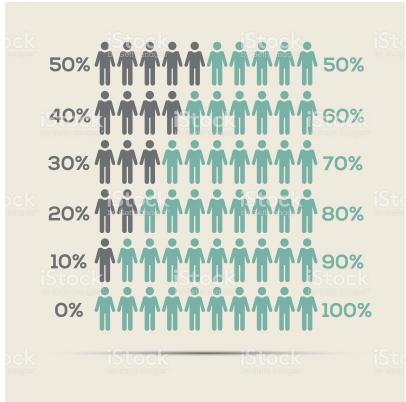


Learn About PTSD

Topic	Image
do i have ptsd	 A hand in a suit jacket sleeve points a index finger at a red circular icon containing a white question mark. This icon is positioned in the center of a 4x4 grid of the iStock by Getty Images logo.
how common is ptsd	 A grid of human figures in a light blue color. The grid is organized into five rows, each labeled with a percentage: 0%, 10%, 20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%, and 100%. The figures are arranged in a way that shows increasing density from left to right across the grid.
how does ptsd develop	 A dark green silhouette of a human head in profile, facing right. Inside the head, several white gears of different sizes are visible, suggesting a complex thought process or the mechanical nature of PTSD development.

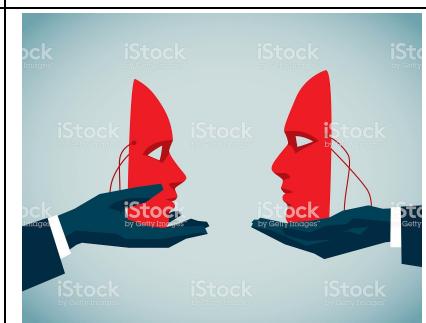
how long does ptsd last



i cant control my temper



i dont trust people



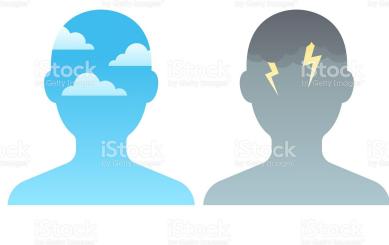
i feel sad all the time



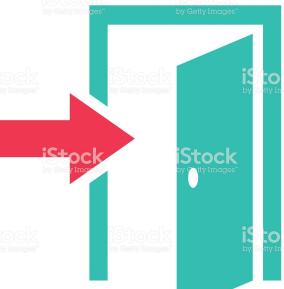
i have ptsd



im always on edge



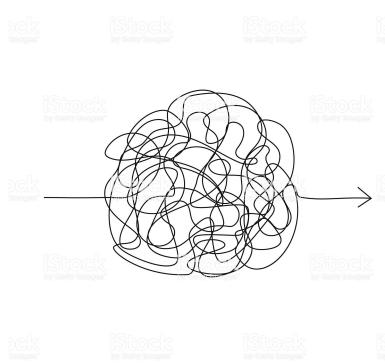
im avoiding things



im embarrassed to have ptsd



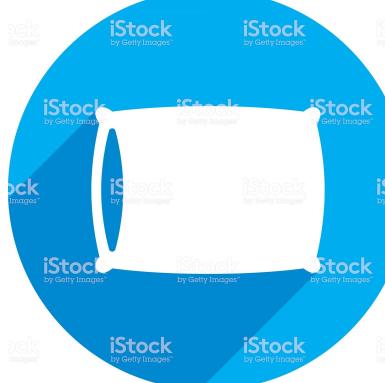
problems related to ptsd



ptsd treatment



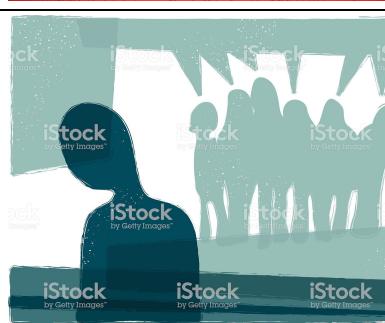
sleep problems insomnia

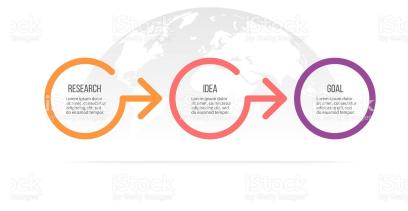
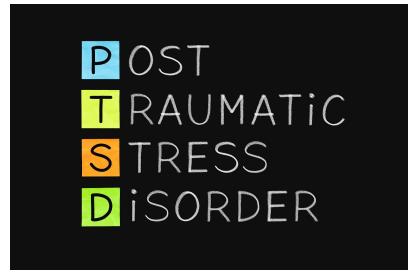


sleep problems nightmares



social isolation

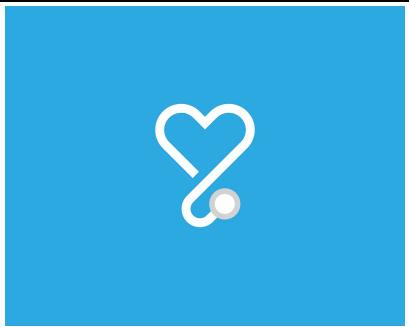


what do i do if i get triggered	
what is dissociation	
what is ptsd	
who develops ptsd	

Getting Professional Help

Topic	Image

do i need professional help



how can a therapist help me



how do I find a counselor therapist



how much does counseling cost



i want counseling but I work all day



im embarrassed to go for counseling



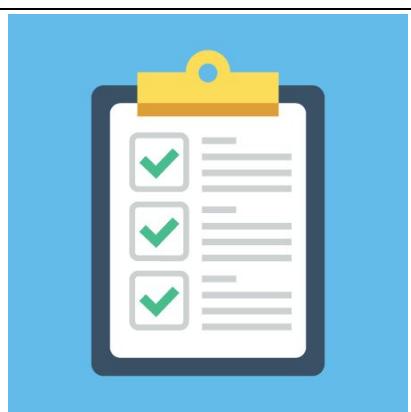
im in crisis

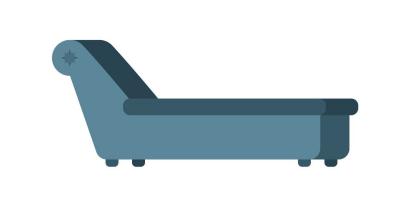
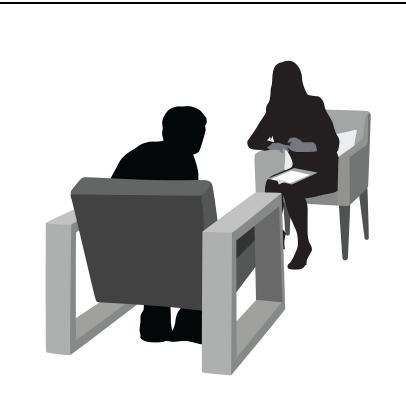


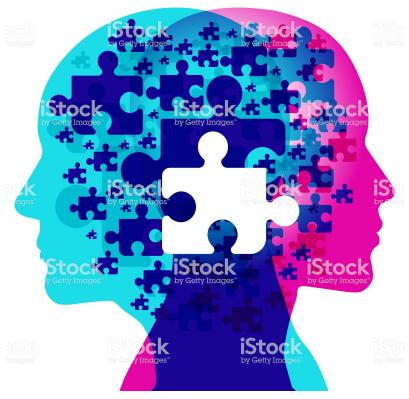
is counseling confidential



ptsd treatments that work

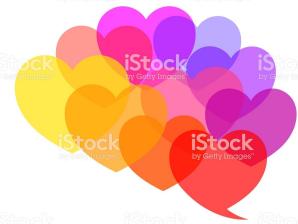


transportation to appointments	
what does a pastoral counselor or chaplain do	
what does a primary care physician do	
what does a psychiatrist do	
what does a psychologist do	
What does a social worker do	
what is counseling (therapy)	

who can help me	
why do people seek counseling	
will therapy really work	

PTSD and the Family

Topic	Image
are my kids ok	
can children get ptsd from their parents	

children's responses to ptsd symptoms	
fighting fair	
helping children cope	
impact of ptsd on children	
parenting tips	
reconnecting with your partner	

should my child have individual counseling



what is couples counseling



what is family therapy

