



When do I get to be at Peace?

PTSD can happen to anyone. It is not a sign of weakness. A number of factors can increase the chance that someone will develop PTSD, many of which are not under that person's control. For example, if you were directly exposed to the trauma or injured, you are more likely to develop PTSD.

About 7 or 8 out of every 100 people (or 7-8% of the population) will have PTSD at some point in their lives. About 8 million adults have PTSD during a given year. This is only a small portion of those who have gone through a trauma. About 10 of every 100 women (or 10%) develop PTSD sometime in their lives compared with about 4 of every 100 men (or 4%). Learn more about women, trauma and PTSD.