

June is PTSD Awareness Month!

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

According to a 2015 national survey, first responders, including police officers, paramedics, emergency med techs, firefighters and emergency workers, are 10 times more likely to attempt suicide on average than other people.

If a person is experiencing the following symptoms 4+ weeks after a trauma, encourage professional help.

1. Are still very upset or fearful.
2. Seem unable to escape intense, ongoing feelings of distress.
3. Withdraw from family or friends and/or important relationships are suffering.
4. Feel jumpy or have trauma-related nightmares.
5. Can't stop thinking about the trauma.
6. Are unable to enjoy life at all.
7. Have post-traumatic symptoms that are interfering with usual activities.

Well In Mind is here for you. Call 815-933-2240 to schedule an appointment or to ask about your EAP benefits.