PTSD

Information for Active Duty Military & Veterans

WHAT IS PTSD?

Posttraumatic Stress Disorder (PTSD) is a disorder that can develop when a person directly experiences or witnesses a traumatic event, or when a person learns of traumatic events that happened to a close family member or friend. These events may include: serious accidents, military combat, natural disasters, and physical or sexual assault.

Source: The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)

WHAT DOES PTSD LOOK LIKE? SIGNS & SYMPTOMS

While PTSD symptoms can manifest immediately after exposure to a traumatic event or years after, the disorder is not diagnosed until symptoms have been present for at least one month.

PTSD is characterized by three main types of symptoms:

1. **Re-experiencing Symptoms**: These symptoms include involuntarily reliving the traumatic experience through memories, dreams, and/or flashbacks. These symptoms cause intense feelings of fear and helplessness. Memories or flashbacks can be caused by triggers that symbolize or resemble the event.

2. **Avoidance Symptoms**: These symptoms occur when the individual avoids memories, thoughts, feelings, about or related to the traumatic event and/or the individual avoids people, places, objects, activities, conversations, or activities that may trigger such memories, thoughts, or feelings.

3. **Hyperarousal Symptoms**: These symptoms, instead of being triggered by something, are constant. The individual may experience irritable behavior and inappropriate angry outburst, reckless or self-destructive behavior, hypervigilance, exaggerated startle response, difficulty concentrating, and sleep disturbances. These symptoms make it difficult to do everyday tasks.

Source: DSM-5 & www.ptsd.va.gov

FACTS & STATISTICS

- Due to repeated exposure to traumatic events during war, PTSD is more common in military personnel.
- PTSD can manifest immediately after the event or not until many years later.
- PTSD effects 30% of Vietnam veterans and 11-20% of Iraq and Afghanistan war veterans.
- 1 in 3 returning troops are diagnosed with PTSD, but less than 40% seek help.
- In the United States, 7-8% of the population will develop PTSD at some point in their lifetime.

Source: www.ptsd.va.gov
**TREATMENT FOR PTSD**

Treatments for PTSD include psychotherapy (counseling) and medication. Sometimes, the two are used together. Cognitive behavioral therapy (CBT) is believed to be the best treatment for PTSD. There are different types of CBT, including Cognitive Processing Therapy and Prolonged Exposure.

Source: [www.ptsd.va.gov](http://www.ptsd.va.gov)

**HOW TO GET HELP**

**If you’re in a crisis, you have options:**

- Call 911
- Go to the nearest Emergency Room
- Contact the Suicide Prevention Hotline: 1-800-273-8255
- Contact the Veterans Crisis Line: 1-800-273-8255, press 1

**PTSD Help Options for Veterans and Military:**

- Contact your insurance provider to receive information about available mental health professionals.
- Enroll in VA Care and get a PTSD assessment.
- Contact a VA Medical Center for a PTSD assessment and treatment options.
- Contact DoD’s Defense Centers of Excellence (DCoE) 24/7 Outreach Center for Psychological Health & Traumatic Brain Injury: 1-866-966-1020
- Contact the 24/7 Veteran Combat Call Center to talk to another combat Veteran: 1-877-WAR-VETS (1-877-927-8387)

Source: [www.ptsd.va.gov](http://www.ptsd.va.gov)

<table>
<thead>
<tr>
<th>Department of Defense (DoD) Safe Helpline</th>
<th>NJ Coalition Against Sexual Assault 609-631-4450</th>
<th>The Center for Violence Prevention 973-684-8093</th>
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<tr>
<td>877-995-5247</td>
<td>Passaic County Sheriff’s Department 973-389-5900</td>
<td>The Office of Student Affairs 973-684-6309</td>
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<tr>
<td>National Domestic Violence Hotline 1-800-779-7233</td>
<td>Passaic County Women’s Center 973-881-0725</td>
<td>Veteran’s Affairs Coordinator 973-684-6203</td>
</tr>
<tr>
<td>National Sexual Assault Hotline 1-800-656-HOPE (4673)</td>
<td>Paterson Police Department 973-881-0725</td>
<td>Center for Student Success 973-684-5524</td>
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<td>Anti-Violence Project LGBTQ 24hrs English/Spanish Hotline 212-714-1141</td>
<td>PCCCC Public Safety 973-684-5403</td>
<td><strong>KNOW YOUR RESOURCES ON &amp; OFF CAMPUS!</strong></td>
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