

MENTAL HEALTH



Signals. Outreach. Support.

LET'S TALK TRAUMA

YOU ARE NOT BROKEN

You might associate post-traumatic stress disorder (PTSD) with war or violent conflicts, but the fact is you don't have to be a veteran to suffer from it. Trauma can take many forms, such as:

- Sexual or physical assault
- Domestic abuse
- Learning about the unexpected death of a loved one
- Living through an accident or natural disaster

If you find yourself reliving a traumatic moment in your life, have trouble sleeping or feel detached and numb from the world, know that you are not alone. In fact, **60%** of men and **50%** of women will experience at least one traumatic event in their lifetimes. Of those, **4%** of men and **10%** of women will develop PTSD.

HELP IS AVAILABLE

It's never too late to heal from trauma. Talking with a cognitive behavioral specialist or other mental health professional can help. Visit <https://wcho.gobenefits.net/mental-health-s-o-s-campaign/> to begin the healing process.

Sources: National Institute of Mental Health (www.nimh.nih.gov), U.S. Department of Veterans Affairs – PTSD: National Center for PTSD (www.ptsd.va.gov)

