**What is PTSD?**

A person may develop PTSD (Post Traumatic Stress Disorder) if s/he is exposed to or is a witness to a traumatic event in which there was an actual threat of death, serious injury, or harm to the self or others; or if s/he felt intense fear, helplessness, or horror. According to the Diagnostic and Statistic Manual of Mental Disorder (DSM-V), PTSD is when someone is exposed to an actual or threatened death, serious injury, or sexual violence in different ways that can include:

* Experiencing the traumatic event
* Witnessing others experiencing trauma
* Learning that a traumatic event occurred to a close family member or close friend.
* Experiencing repeated or extreme exposure to difficult details of a traumatic event

People suffering from PTSD often experience:

* Disturbing memories or thoughts
* Nightmares
* Have trouble sleeping
* Feel irritable or angry
* Have trouble concentrating
* Feel hyper-vigilant or on guard for fear of danger
* Experience flashback memories

People tend to know of PTSD from War Vets being in the news, but PTSD can happen from many sources, such as auto accidents, rape, abuse, and others.