

INTERVENTION RESOURCE

Recognizing Possible Mental Health Problems: PTSD

Quick Description: Links to a fact sheet and brochure with information about PTSD. The resources provide information about PTSD symptoms, supports, and treatments. The information can help school staff and parents identify students who could benefit from talking to a mental health professional.

Major Objectives: Empower school staff and parents to understand PTSD and recognize potential symptoms in students so they can recommend referral to a mental health professional if appropriate.

The two brochures are part of a series of informative, user-friendly, mental health resources from the National Institute of Mental Health (NIMH), which are available for free and searchable at <https://www.nimh.nih.gov/health/publications>. The resources are available in both English and Spanish.

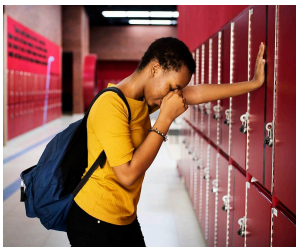
Link to an 8-page brochure describing symptoms and causes of PTSD:

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/post-traumatic-stress-disorder-ptsd/20-mh-8124-ptsd.pdf>

Link to an 8-page brochure on how adults can help children and adolescents after traumatic events.

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events>

Clips from the brochures



What is post-traumatic stress disorder, or PTSD?

Some people develop post-traumatic stress disorder (PTSD) after experiencing a shocking, scary, or dangerous event.

It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's normal "fight-or-flight" response, which helps us avoid or respond to potential danger. People may experience a range of reactions after trauma, and most will recover from their symptoms over time. Those who continue to experience symptoms may be diagnosed with PTSD.

Adolescents age 12 to 17 may:

- Have nightmares or other sleep problems.
- Avoid reminders of the event.
- Use or abuse drugs, alcohol, or tobacco.
- Be disruptive or disrespectful or behave destructively.
- Complain of physical problems such as stomachaches and headaches.
- Become isolated from friends and family.
- Be angry or resentful.
- Lose interest in fun activities.

Note: These resources are NOT used to make a diagnosis of PTSD. They promote understanding of PTSD and its symptoms, and in some cases may suggest that a student should talk to a mental health professional.