

When to seek help for traumatic stress

Emotional reactions are common after a disaster or traumatic event, including anxiety, numbness, confusion, guilt, and despair. In and of themselves, these emotions aren't cause for undue alarm. Most will start to fade within a relatively short time.

However, if your traumatic stress reaction is so intense and persistent that it's getting in the way of your ability to function, you may need help from a mental health professional—preferably a trauma specialist.

Traumatic stress warning signs

- It's been 6 weeks, and you're not feeling any better
- You're having trouble functioning at home and work
- You're experiencing terrifying memories, nightmares, or flashbacks
- You're having an increasingly difficult time connecting and relating to others
- You're experiencing suicidal thoughts or feelings
- You're avoiding more and more things that remind you of the disaster or traumatic event

Understanding PTSD

After a traumatic experience, the mind and the body are in shock. But as you make sense of what happened and process your emotions, you come out of it. With post-traumatic stress disorder (PTSD), however, you remain in psychological shock. Your memory of what happened and your feelings about it are disconnected.

Get help today. Call 225-925-1906 or 1-800-768-8824 (toll free)