

PTSD CAN FEEL LIKE



Being on edge all the time, even when nothing seems wrong



Feeling unsafe in places that should feel safe



Reliving past events through memories, nightmares, or flashbacks



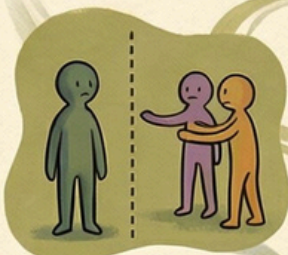
Sudden strong reactions to sounds, smells, places, or people



Feeling numb or cut off from emotions



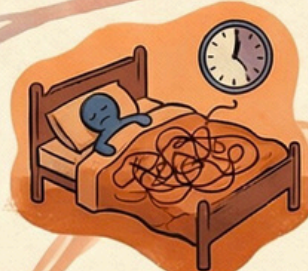
Feeling angry, irritable, or overwhelmed



Struggling to trust others



Always watching for danger



Finding it hard to relax or sleep



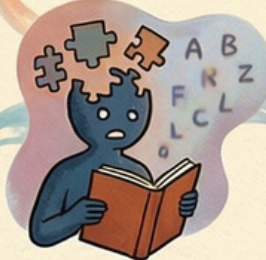
Feeling shame, guilt, or self-blame



Avoiding people, places, or conversations



Feeling disconnected from yourself or the world



Having trouble concentrating or remembering things



Feeling exhausted from coping every day

PTSD is a normal response to overwhelming experiences. It can affect anyone. It is not a weakness. Support can help.



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