

Discover more information about PTSD from:

- [Mayo Clinic](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health](#)
- [Posttraumatic Stress Disorder Alliance](#)

What can you do if you believe you or someone you know has PTSD?

A type of talk therapy, known as cognitive behavioral therapy, may be the most effective type of therapy, and possibly in combination with medication, typically a kind called SSRIs. If you think you may be experiencing PTSD it is important to seek help from a behavioral health professional.

- [Forms of treatment](#)
- [How to cope with PTSD](#)
- [Advice for friends and family](#)
- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)

Emergency situations: If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

National:

National Suicide Prevention Lifeline.....800-273-8255
National Hopeline Network
.....800-784-2433

Local:

Philadelphia Suicide and Crisis Intervention Hotline.....215-686-4420
Chester County Crisis Intervention Service.....877-918-2100
Delaware Co. Emergency Psychiatric Crisis Service.....610- 447-7600
Montgomery County Crisis Hotline
.....610-279-6100
Contact Greater Philadelphia
.....888-855-5525

If you have been a victim of sexual assault it may be appropriate to call the National Sexual Assault Hotline at 800-656-4673.

Post-Traumatic Stress Disorder defined:

The National Institute of Mental Health (NIMH) defines PTSD as an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which there was the potential for or actual occurrence of grave physical harm. Diagnostic criteria include a history of exposure to a traumatic event that meets symptoms from clusters of intrusion, avoidance, negative alterations in cognitions and mood, and alterations in arousal and reactivity. Traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents, and military combat. People with PTSD have persistent frightening thoughts and memories of their ordeal, may experience sleep problems, feel detached or numb, or be easily startled. NIMH reports that 3.5% of the population will experience PTSD in a given year.

Disorder types:

- Normal stress response
- Acute stress disorder
- Uncomplicated PTSD
- Comorbid PTSD
- Complex PTSD
- Delayed expression
- Dissociative subtype