



Posttraumatic Stress Disorder (PTSD)

PTSD involves a set of physiological and psychological responses. It can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, rape, war/combat or something similar.

For an overview, symptoms, diagnosis, treatment, related conditions, and support go to:

<https://www.nami.org/about-mental-illness/mental-health-conditions/posttraumatic-stress-disorder/?tab=overview>

More resources

Understanding Trauma and PTSD

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/15/post-traumatic-stress-disorder>

Understanding Complex PTSD (CPTSD)

<https://jedfoundation.org/resource/complex-ptsd-what-is-it-symptoms-and-treatment/>

Head's Up Guys - PTSD and CPTSD Self-Check

<https://headsupguys.org/mental-health-screening-tools/ptsd-cptsd-assessment/>

How Trauma, PTSD, and Suicide are linked

<https://jedfoundation.org/resource/how-are-trauma-ptsd-and-suicide-linked/>

Women's Health – PTSD

<https://womenshealth.gov/mental-health/mental-health-conditions/post-traumatic-stress-disorder>

Birth Trauma and Postnatal PTSD

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/ptsd-and-birth-trauma/>



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National Center for PTSD

[https://www.ptsd.va.gov/professional/consult/resources.asp?utm_source=google&utm_medium=paid_search&utm_campaign=AR_NCP_PTSDKW_OY4_SEAR_GOOG_TRAF_BRAN_US_CTR_I
NT
BA BRAND EMAILSU_X&gad_source=1&gad_campaignid=14993588323&gclid=Cj0KCQjwi8nRBh
DhARIsAHZf_pZqL6o3twldGTX5keBx1vAwqXUS-
wSJPbtmKA7Mz9c1RyQCydBY52EaAoZhEALw_wcB](https://www.ptsd.va.gov/professional/consult/resources.asp?utm_source=google&utm_medium=paid_search&utm_campaign=AR_NCP_PTSDKW_OY4_SEAR_GOOG_TRAF_BRAN_US_CTR_I
NT
BA BRAND EMAILSU_X&gad_source=1&gad_campaignid=14993588323&gclid=Cj0KCQjwi8nRBh
DhARIsAHZf_pZqL6o3twldGTX5keBx1vAwqXUS-
wSJPbtmKA7Mz9c1RyQCydBY52EaAoZhEALw_wcB)

What is EDMR Therapy

<https://www.helpguide.org/mental-health/treatment/emdr-therapy>

Helping someone with PTSD

Help Guide

<https://www.helpguide.org/mental-health/ptsd-trauma/helping-someone-with-ptsd>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/expert-answers/post-traumatic-stress/faq-20057756>

National Institutes of Health

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/expert-answers/post-traumatic-stress/faq-20057756>

Mental Health America

<https://mhanational.org/conditions/post-traumatic-stress-disorder/>

SAMHSA

[https://www.samhsa.gov/search/samhsa?
query=ptsd&collection=samhsa_search&op=Search&form_build_id=form-
FtqzPfZTxbD5ZB7aXSeZlIfV3TfxWizH96FB57eZPc&form_id=hhs_search_global_form_inner](https://www.samhsa.gov/search/samhsa?query=ptsd&collection=samhsa_search&op=Search&form_build_id=form-FtqzPfZTxbD5ZB7aXSeZlIfV3TfxWizH96FB57eZPc&form_id=hhs_search_global_form_inner)



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PTSD and the Family

<https://www.samhsa.gov/resource/dbhis/ptsd-family>

PTSD in Children and Adolescents

<https://www.samhsa.gov/resource/dbhis/ptsd-children-adolescents>

Apps

PTSD Coach

<https://mobile.va.gov/app/ptsd-coach>

Caregiver support

Courage to Caregivers

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/15/post-traumatic-stress-disorder>

See also the tab for Caretaker Support on the main Mental Health page.

For more information, support, and Catholic therapists contact Rich at hello@thechurchofstluke.org