



health  chats

**DEALING  
WITH PTSD**

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# Rosemary Ku

MD, MBA, MPH

Chief Medical Officer, UnitedAg



# .Today's Topics

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Myths

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Q&A





# .Myths

- 
- 

Only affects military personnel

Only affects those who experience traumatic event

PTSD is inevitable





# .What is it?

Mental health condition that can develop in people of all ages, cultures, and genders after exposure to a traumatic event

- What's considered traumatic is subjective
- The event does not have to be experienced firsthand
- Condition could last for years and be highly debilitating





# .The symptoms

## Intrusion symptoms

- Flashbacks
- Involuntary and recurrent memories of event
- Bad dreams

## Avoidance

- Avoidance of reminders of the event
- Suppressing memories or thoughts related to the event

## Negative cognition or mood

- Negative beliefs about oneself
- Anger, guilt, detachment
- Inability to experience positive emotions
- Decreased interest in enjoyable activities

## Increased reactivity

- Increased startle response
- Irritability
- Hypervigilance
- Poor sleep

Symptoms have been ongoing for at least one month and may start months after the event



# .Prevention

- Acute Stress Disorder is the precursor of PTSD
  - Half of those untreated develop PTSD



Get support  
early and often

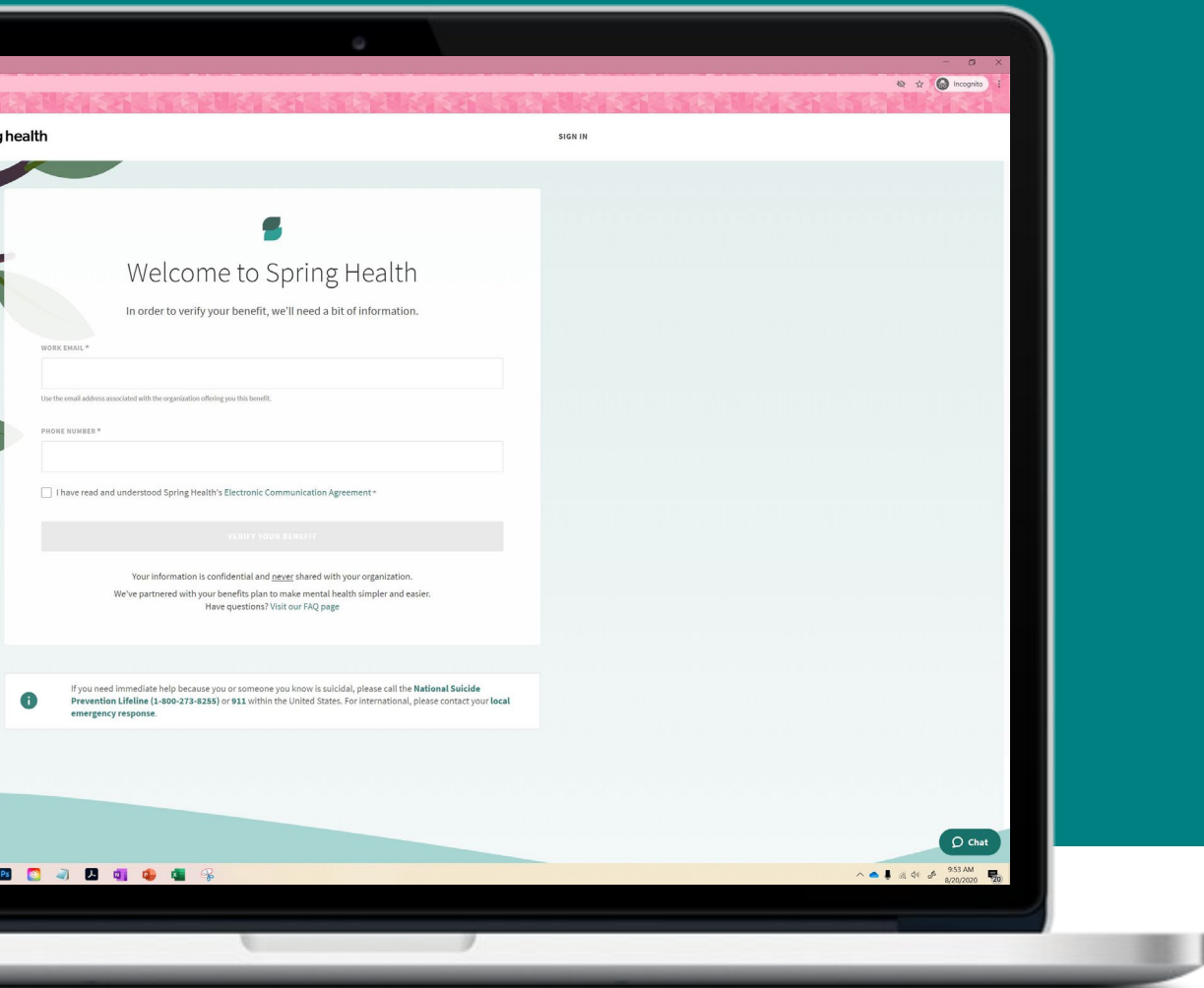


Cognitive  
Behavioral  
Therapy (CBT)



Optimize  
lifestyle factors





# .Spring Health

## Online

- [unitedag.springhealth.com](https://unitedag.springhealth.com)
- From any device, any time of day or night
- Complete the initial 5 minutes assessment, track progress over time & schedule appointments

## Phone

- Call or text 240.558.5796
- M - F, 5 a.m. – 5 p.m. PST
- Crisis care is available 24/7

## Mobile App

Search for the "Spring Health Mobile" app in the Google Play Store or Apple App Store



# .Other Resources

UnitedAg Health & Wellness Centers

[unitedag.org/wellnesscenters](https://unitedag.org/wellnesscenters) | 877.877.7981

Teladoc Behavioral Health

[teladoc.com](https://teladoc.com)

