health¢chats DEALING WITH PTSD

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.Today's Topics

01

Myths

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What is PTSD?



Symptoms

04

Prevention



UnitedAg resources



.Myths



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

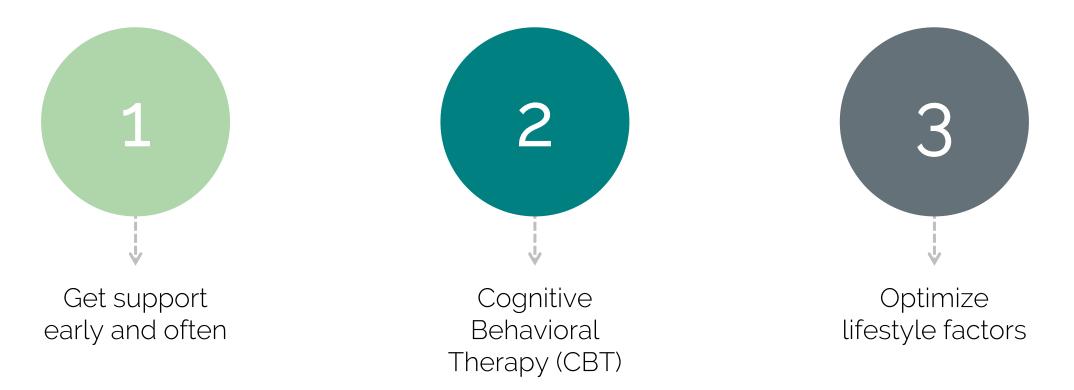
Increased reactivity

- 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



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I have read and understood Spring Health's Electronic Communication Agreement *	
Your information is confidential and <u>never</u> shared with your organization. We've partnered with your benefits plan to make mental health simpler and easier. Have questions? Visit our FAQ page	
If you need immediate help because you or someone you know is suicidal, please call the National Suicide Prevention Lifeline (1400-273-8258) or 911 within the United States. For international, please contact your local emergency response.	
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Online

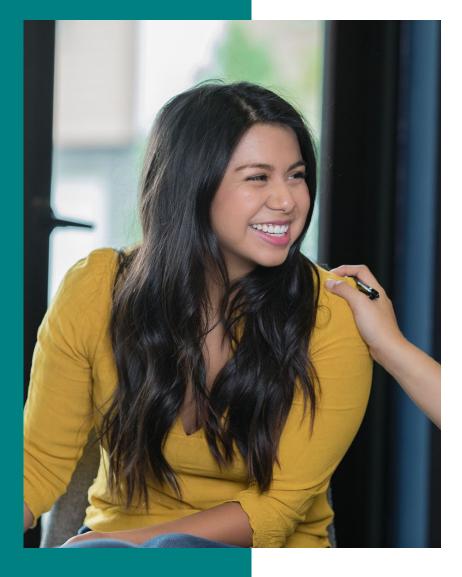
- unitedag.springhealth.com
- From any device, any time of day or night
- Complete the initial 5 minutes assessment, track progress over time & schedule appointments

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 | 877.877.7981

Teladoc Behavioral Health

teladoc.com