



June is Post Traumatic Stress Disorder (PTSD) Awareness Month

Know the difference between myths and facts to help yourself and others with PTSD.

Myth

Fact

PTSD is in your head. It does not exist.

PTSD does exist. You may get PTSD if you have lived through a traumatic event that caused you to fear for your life, see horrible things and feel helpless.

Only soldiers or people in war zones get PTSD.

Anyone who sees or goes through a traumatic event can develop PTSD. A traumatic event is a horrible and scary experience. During this type of event, you think that your life or others' lives are in danger. You feel that you have no control over what is happening.

You should be able to move on after a traumatic event.

The strong emotions you may feel during the traumatic event can create changes in your brain that result in PTSD. You may not be able to "move on" because of this.

For more information, visit www.healthwise.net/MagellanHealth and search for "PTSD."