



Post-Traumatic Stress Disorder

What is PTSD?

Post-traumatic stress disorder (PTSD) is a reactive disorder that can develop as a result of a traumatic event. An event is said to be "traumatic" when a person is faced with death, fear of death, or when his or her physical integrity or that of another person may have been threatened. This event must also cause intense fear, a feeling of helplessness or a feeling of horror.



From du DSM-V: Diagnostic criterias (2015)

Signs and Symptoms

CAUTION

- Repetitive, involuntary and persistent memories of traumatic events.
- Repetitive dreams causing a feeling of distress since the content and emotions are connected to the events.
- Dissociation (e.g. flashbacks, depersonalization) during which the subject feels as if traumatic events are going to recur.
- Feelings of distress when exposed to internal or external cues suggesting an aspect of the traumatic event.
- Marked physical reactions when exposed to internal or external cues resembling traumatic events (e.g. sounds, smells, places, etc.)
- Persistent avoidance of stimuli and recollections associated with traumatic events
- Alteration of mood and thoughts following traumatic events.
- Thoughtless or self-destructive behaviour, hypervigilance, difficulty concentrating, etc.





DO YOU WANT TO HELP YOURSELF OR A LOVED ONE?

- Learn more about PTSD.
- People with PTSD can isolate themselves from their families and friends. Even if you don't want to talk, remember that people are there to listen to you when you're ready.
- Understand that PTSD-related behaviours, such as avoiding certain situations or reacting angrily to a small problem, are not directed at anyone. These behaviours are caused by the disorder.
- Try to verbalize or write down your feelings. It's easier to solve problems or examine conflicts when you know what's really going on and when you create some emotional distance in order to examine the situation. Take care of your own well-being and ask for help for yourself if you encounter persistent difficulties. Consult a health care professional.
- If a loved one's PTSD affects other family members, it may be helpful to seek family counselling.

- **Canadian Directory of Psychologists Providing Health Services**
www.crhspp.ca
- **Info Mental Health Douglas**
www.douglas.qc.ca/info_sante
- **Friend Quebec – Actions to support mental health**
www.amiquebec.org
- **Info Trauma**
www.info-trauma.org
- **Quebec Mental Health**
www.quebec.ca/sante/problemes-de-sante/maladie-mentale

Équipe Santé Mentale Jeunesse
Youth Mental Health Team
CIUSSS-ODIM

Douglas
FONDATION
FOUNDATION



RESOURCES

- **Info-Sociale** (8-1-1)
- **IVAC: Compensation for victims of crime** (1-800-561-4822 / www.ivac.qc.ca)
- **Trauma Study Centre** (514-251-4000, poste 3574 / www.hlhl.qc.ca/centre-detude-sur-le-trauma.html)
- **CAVAC: Centre for Victims of Crime** (514-277-9860 / www.cavac.qc.ca)
- **RELIEF** (1-866 738-4873 / www.monrelief.ca)
- **Tel-Jeunes** (1-800-263-2266 / www.teljeunes.com)
- **Ligne-Parents** (1-800-361-5085 / www.ligneparents.com)
- **Suicide Prevention Center** (1-866-APPELLE / www.cpsquebec.ca)

