JUNE IS PTSD AWARENESS MONTH

WHAT IS PTSD?

- POST-TRAUMATIC STRESS DISORDER OCCURS WHEN AN INDIVIDUAL IS EXPOSED TO A TRAUMATIC EVENT EITHER DIRECTLY OR WITNESSED IN ANOTHER PERSON
- A PERSON’S RESPONSE TO THE EVENT IS ONE OF INTENSE FEAR OR HELPLESSNESS
- TRAUMATIC EVENTS INCLUDE:
  - MILITARY COMBAT
  - VIOLENT PERSONAL ASSAULT
  - SERIOUS ACCIDENT
  - NATURAL DISASTER
- SYMPTOMS INCLUDE:
  - RELIVING THE EVENT OR HAVING A FLASHBACK
  - AVOIDANCE OF SITUATIONS THAT REMIND YOU OF THE EVENT
  - FEELING EMOTIONLESS OR NUMB
  - FEELING JITTERY OR IRRITABLE
- PTSD CAN IMPACT ACADEMIC PERFORMANCE IN A VARIETY OF WAYS
  - DIFFICULTY CONCENTRATING
  - DIFFICULTY RETAINING INFORMATION
  - MEMORY DEFICITS

UP TO 20% OF VETERANS RETURNING FROM IRAQ OR AFGHANISTAN ARE SUFFERING FROM PTSD

THERE ARE A VARIETY OF ACCOMMODATIONS ON CAMPUS THAT CAN HELP ALLEVIATE SYMPTOMS AND IMPROVE ACADEMIC PERFORMANCE!

- ASSISTIVE TECHNOLOGY
- NOTE TAKERS
- EXTENDED TIME FOR EXAMS
- PRIORITY COURSE REGISTRATION
- COUNSELING SERVICES
HAVE YOU OR SOMEONE YOU KNOW

- BEEN THROUGH COMBAT?
- LIVED THROUGH A DISASTER?
- EXPERIENCED ANY KIND OF TRAUMATIC EVENT?

IF SO, PLEASE CONTACT THE VARC FOR INFORMATION ABOUT CAMPUS AND COMMUNITY ACCOMMODATIONS

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FOR MORE INFORMATION ABOUT PTSD AND THE MILITARY, PLEASE VISIT:
http://www.ptsd.va.gov/index.asp