



FORT GARRY WOMEN'S
RESOURCE CENTRE

Post Traumatic Stress Disorder: Fact Sheet

What is Post Traumatic Stress Disorder? (PTSD)

Post Traumatic Stress Disorder is an anxiety disorder which develops after living through a frightening or stressful experience. These experiences are like a shock to the system. Reactions to these experiences can include flashbacks, nightmares, sleeping difficulties and feelings of detachment. These reactions do not go away and may even get worse over time.

What are the Symptoms of Post Traumatic Stress Disorder?

If you have lived through a dangerous or extremely stressful event you may be dealing with some of these problems:

- Suddenly, you feel like the event is happening over again
- You have nightmares and bad memories of the terrifying/stressful event.
- You stay away from places that remind you of the event.
- You jump and feel very upset when something happens without warning.
- You have a hard time trusting or feeling close to other people.
- You get mad very easily.
- You feel guilty because others died and you lived.
- You have trouble sleeping and your muscles are tense.

What Can Cause Post Traumatic Stress Disorder?

There are many situations that can cause symptoms of PTSD. We often think of it associated with sexual assault or for people who have served in the military. These are not the only circumstances under which women can suffer from Post Traumatic Stress Disorder. You may have lost your job unexpectedly, be dealing with an on-going stressful parenting situation, having difficulty being the caregiver to your elderly parent, be a survivor of childhood abuse or be suffering with long-term illness or chronic pain. Each of these situations is unique and each may cause symptoms of PTSD.

What Can I Do If I Think I Am Suffering from PTSD?

- Reach out for help. There are counsellors in your community who can help.
- Crisis hotlines are open 24 hours to talk to you.
- Your family doctor can help you find the help you need.
- Friends and family can give support and comfort
- Self-help groups
- Learn more about PTSD by seeking out information: books at libraries, information and support at women's resource centres, or internet information.

Where Can I Go For Help?

Fort Garry Women's Resource Centre www.fgwrc.ca	477-1123
North End Women's Resource Centre newc@mts.net	589-7347
Women's Health Clinic www.womenshealthclinic.org	947-1517
Klinik Community Health Centre—Emergency Klinik / Evolve Klinik/ Counselling	786-8686 784-4070 784-4067
Immigrant Women's Counselling www.norwesthealth.ca	940-2172
Ma Mawi Wi Chi Itata Centre www.mamawi.com	925-0300
Anxiety Disorders Association of Manitoba www.adam.mb.ca (counselling support, info)	925-0600
Mental Health Education Resource Centre of Manitoba (MHERC) www.cmha.ca	953-2355
Canadian Mental Health Association www.cmha.ca (discussion groups and info)	953-2350

Other Resources

Web Sites

- Anxiety Disorders Association of Manitoba 925-0600
www.adam.mb.ca (counselling support, info)
- Mental Health Education Resource Centre 953-2355
of Manitoba (MHERC)
www.cmha.ca
- Canadian Mental Health Association 953-2350
www.cmha.ca (discussion groups and info)

Suggested Reading List (Available at the Winnipeg Public Library)

Trauma and Recovery (1992) by Judith Lewis Herman.

Trauma and Addiction: Ending the Cycle of Pain Through Emotional Literacy (2000) by Tian Dayton.

Aftermath Survive & Overcome Trauma (1995) by Marianne Hybels-Steer.

Straight Talk About P.T.S.D. (1996) by Kay Marie Porterfield.

The P.T.S.D. Sourcebook. A Guide to Healing Recovery and Growth (2000) by Glenn R. Schiraldi.

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Canada: National Clearinghouse on Family Violence. Violence in Dating: Relationships: Overview Paper, 2006. Prepared by Katherine D. Kelly, Ottawa, 2006.