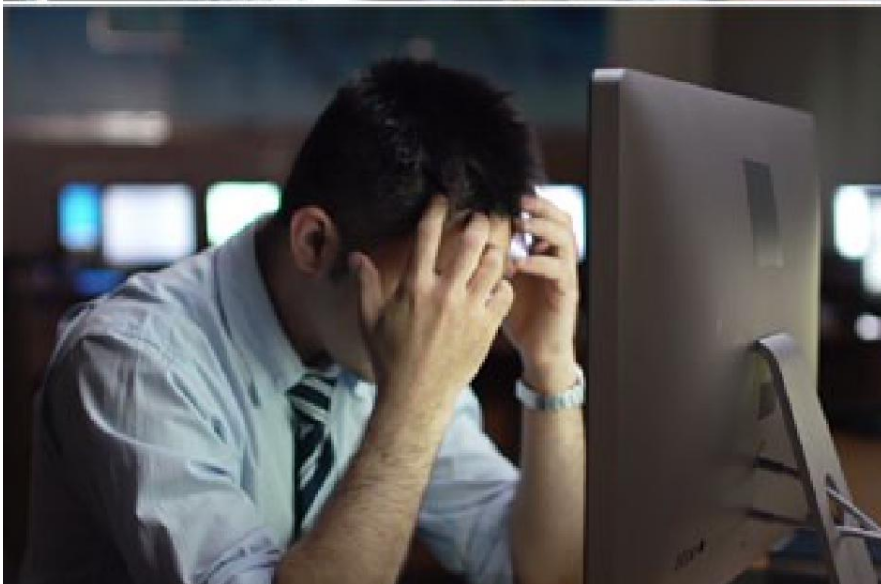




## Traumatic Events and Mental Health



### Overview

A traumatic experience can have a lasting impact on you. An accident, a violent crime or a natural disaster can hurt you mentally in ways that aren't obvious to others. This is especially true for people who struggle with things like stress or depression. It's important to recognize when you need help.

### After Trauma

It's normal to have some problems coping with a traumatic event. You may have anxiety. You may have trouble sleeping. You may replay the event over and over in your mind. For most people, these thoughts and feelings gradually fade away. But if they don't, they can affect your daily life.

### Signs

If you're having trouble coping, you may have a wide range of symptoms. You may have prolonged feelings of worry, sadness, fear or anger. You may cry often, and have trouble thinking clearly. You may avoid places that remind you of the event. You may have nightmares and troubling thoughts. You may also have symptoms such as fatigue, headaches and stomach issues. You may startle easily, and you may find that you have a rapid pulse and that you sweat more than normal.

### Conclusion

If you have these symptoms, reach out. Talk to a trusted family member or friend, and get professional help. You may benefit from talk therapy, medications or other options. Your healthcare provider can create a plan that's right for you.

Actor portrayals in photos

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