



Weill Cornell Medicine

Do You Have **PTSD?**



If you're having trouble coping after a traumatic event, you might be experiencing symptoms of post-traumatic stress disorder (PTSD). **Here's what you need to know about the disorder.**

PTSD Isn't the Same as Stress or Grief



PTSD is a disorder triggered by traumatic events. While it's natural to feel stressed after a shocking, scary or dangerous incident, **PTSD can cause:**

- **Sadness, anger or fear** that doesn't go away
- **Emotional detachment** from those around you
- **Flashbacks**, distressing thoughts, irritability, trouble sleeping and difficulty enjoying activities or feeling happiness

COVID-19 Is Causing PTSD in Some People

Traumatic experiences related to COVID-19 can lead to PTSD. **It's possible to develop PTSD from COVID-19 if:**



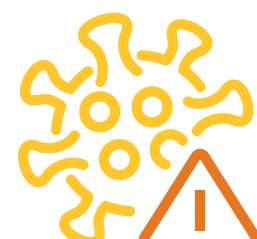
You are a **first responder or healthcare worker.**



You were **hospitalized** due to COVID-19.



You **lost a loved one** due to COVID-19.



You are dealing with **long COVID-19 symptoms.**

You Don't Have to Go Through PTSD Alone

Stay connected with others and **take advantage of mental health resources:**

- Talk to a **therapist or psychiatrist.**
- **Share how you're feeling** with a partner or close friend.
- **Socialize** with family and friends.
- **Engage** in hobbies you enjoy.
- **Exercise** and eat healthily.



The psychiatry team at Weill Cornell Medicine is here to help you through challenging times. Learn more at weillcornell.org/services/psychiatry



Weill Cornell Medicine