

HELIOS NEWSLETTER

JUNE



PTSD Awareness

June is National PTSD Awareness Month, dedicated to raising public awareness about Post-Traumatic Stress Disorder (PTSD). The month-long observance - along with PTSD Awareness Day on June 27th - aims to reduce mental health stigma and highlight effective, evidence-based treatments. Treatment works, yet a significant portion of people affected by PTSD never receive professional care.

Core Symptoms of PTSD:

- **Intrusion**: Unwanted, distressing memories, vivid flashbacks, or recurring nightmares.
- **Avoidance**: Consciously steering clear of people, places, activities, objects, or situations that trigger memories of the traumatic event.
- **Negative Changes in Thinking and Mood**: Ongoing feelings of fear, detachment from friends and family, distorted blame, or a negative outlook on the world.
- **Arousal and Reactivity**: Being easily startled, feeling constantly "on guard," experiencing sleep disturbances, or having angry outbursts.



Supporting someone with PTSD:



- Provide social support - It's common for people with PTSD to withdraw from family and friends. Your comfort and support can help them overcome feelings of helplessness, grief, and despair.
- Be a good listener - While you shouldn't push a person with PTSD to talk, if they do choose to share, listen without expectations or judgments.
- Rebuild trust and safety - Trauma alters the way a person sees the world, making it seem like a dangerous and frightening place. It also damages people's ability to trust others and even themselves. Do what you can to rebuild your loved one's sense of security by providing consistency and predictability.



Helios Psychiatry and Counseling provides diagnostic services, medication management, individual and group therapies. We thoroughly assess each patient and provide treatment options that have been carefully considered.

If you or someone you know is struggling with PTSD, do not hesitate to reach out for support.

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