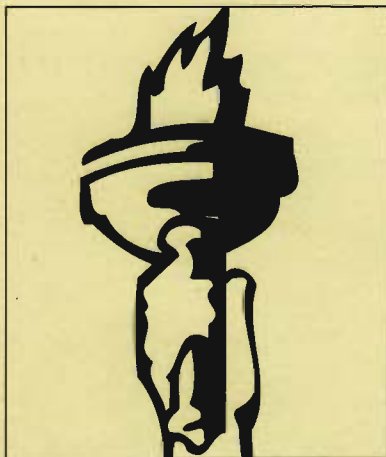


We give ten examples of people who we have seen and helped (not all to full recovery) in order to define trauma.

NAME	AGE	INCIDENT	OCCUPATION
Bill	29	Physically Beaten By A Pupil	School Teacher
Sheila	35	Motoring Accident	Child Minder
David	41	Brick Through Windscreen	Unemployed
Mildred	39	Woke Up During Operation	Clerk
Anne	47	Found Son Hanging From Rafter	Florist
John	54	Three Burglaries In 7 Months	Civil Servant
June	33	Sexually Abused By Father	Unemployed
Kevin	41	Mentally & Physically Abused in Detention	Ex-Prisoner
Linda	36	Witnessed Bombing Of a Colleague	W.P. Constable
James	42	Came Home To Find Wife In Bed With His Brother	

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Supported by N.I.V.T. through the E.U. Special Support Programme for Peace and Reconciliation



**POST TRAUMATIC STRESS
DISORDER.
TO CONFRONT IS TO CONQUER,
OR AT LEAST IS A BEGINNING.
PLEASE RING 205300 - 205305
MINA, TREVOR, JOY, ANGELA, KAREN**

POST TRAUMATIC STRESS DISORDER PRIMARY VICTIMS

Post Traumatic Stress Disorder is a natural emotional reaction to a deeply shocking or disturbing experience that one perceived as life threatening.

It may manifest itself soon after the event, or hide for years until a sound, smell or look acts as a trigger mechanism, this sets off a re-experience and flash back situation, or re-occurring nightmares in extreme cases it not only affects the person but an entire family way of life.

The bad news is we are all vulnerable.

The good news is you can master the remaining memory, with lots of help through counselling, recovery comes from tackling the problem, avoiding talking about it will lead to serious mental health problems.

Facing facts sometimes the nightmares/flashbacks require medication for life.



POST TRAUMATIC STRESS DISORDER TERTIARY VICTIMS

Tertiary Victims may only be onlookers or witnesses to the event but also suffer, how often have we heard "It could have been me", or the guilt "It should have been me."

**YOU DON'T HAVE TO
COME TO US, WE CAN
GO TO YOU IN
NORTH/WEST
BELFAST.**

Post traumatic stress disorder RESCUERS/ CARERS

These people often wear a uniform, are well trained and very professional, are not permitted to cry etc. During their career, but one day the carer remembers a limb, a child, "Did I do all I could, perhaps I could have done" whatever.

So already we see a picture for every primary victim there are at least three others.

Complications are Panic, Depression, Alcohol Abuse, Ignorance of P.T.S.D., Relapses, Unsociable Behaviour, Survivor Guilt, others too numerous to mention.

Sufferer's and carer's are usually Survivors and help is available.

Individual counselling, self-help groups male/female.

We can and will help regardless of class, creed, sex, age, sufferer or carer.