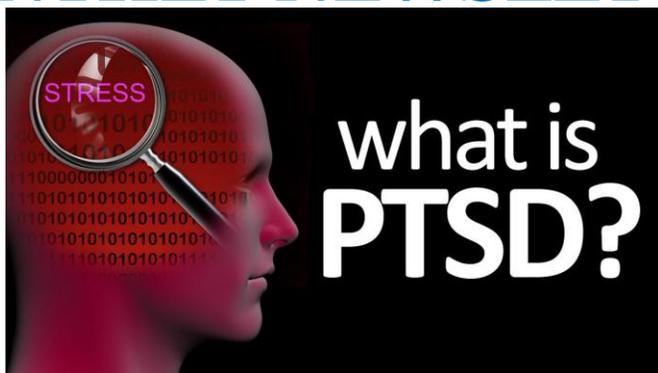




WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events.

Symptoms of post-traumatic stress disorder (PTSD)

Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt.

They may also have problems sleeping, such as insomnia, and find concentrating difficult.

These symptoms are often severe and persistent enough to have a significant impact on the person's day-to-day life.

Causes of post-traumatic stress disorder (PTSD)

Any situation that a person finds traumatic can cause PTSD.

These can include:

- serious road accidents
- violent personal assaults, such as sexual assault, mugging or robbery
- serious health problems
- childbirth experiences

PTSD can develop immediately after someone experiences a disturbing event, or it can occur weeks, months or even years later.

PTSD is estimated to affect about 1 in every 3 people who have a traumatic experience, but it's not clear exactly why some people develop the condition and others do not.

When to seek medical advice

It's normal to experience upsetting and confusing thoughts after a traumatic event, but most people improve naturally over a few weeks. You should see a PCP if you or your child are still having problems about 4 weeks after the traumatic experience, or if the symptoms are particularly troublesome. If necessary, your PCP can refer you to mental health specialists for further assessment and treatment.

To read the full article visit: <https://www.nhs.uk/conditions/post-traumatic-stress-disorder-ptsd/symptoms/>

June
2020



June 1st is National Say Something Nice Day...

The message of the day is that positivity goes a long way in spreading happiness and joy. When we are kind in our interactions with others, we receive positivity and kindness back. This enriches our lives, makes us happy, and keeps us healthy. Studies have shown that happy people are healthier and live longer.

<https://www.timeanddate.com/holidays/fun/say-something-nice-day>



PTSD Treatment

The main treatments for post-traumatic stress disorder (PTSD) are psychological therapies and medication.

Traumatic events can be very difficult to come to terms with, but confronting your feelings and seeking professional help is often the only way of effectively treating PTSD.

It's possible for PTSD to be successfully treated many years after the traumatic event or events occurred, which means it's never too late to seek help.

Assessment

Before having treatment for PTSD, a detailed assessment of your symptoms will be carried out to ensure treatment is tailored to your individual needs.

Your PCP will often carry out an initial assessment, but you'll be referred to a mental health specialist for further assessment and treatment if you have had symptoms of PTSD for more than 4 weeks or your symptoms are severe.

There are a number of mental health specialists you may see if you have PTSD, such as a psychologist, community psychiatric nurse or psychiatrist.

Watchful waiting

If you have mild symptoms of PTSD, or you have had symptoms for less than 4 weeks, an approach called watchful waiting may be recommended.

Watchful waiting involves carefully monitoring your symptoms to see whether they improve or get worse.

It's sometimes recommended because 2 in every 3 people who develop problems after a traumatic experience get better within a few weeks without treatment.

If watchful waiting is recommended, you should have a follow-up appointment within 1 month.

Psychological therapies

If you have PTSD that requires treatment, psychological therapies are usually recommended first. A combination of a psychological therapy and medication may be recommended if you have severe or persistent PTSD.

Your PCP can refer you to a clinic that specializes in treating PTSD if there's one in your area.

There are 3 main types of psychological therapies used to treat people with PTSD.

- Cognitive behavioral therapy (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Group therapy

Medication

Antidepressants are sometimes used to treat PTSD in adults.

To read the full article visit: <https://www.nhs.uk/conditions/post-traumatic-stress-disorder-ptsd/symptoms/>

**DID YOU
KNOW**

2020 National Mental Health Observances:

June 2020

National PTSD Awareness
Month; Men's Health
Month

Suggested Theme:
Trauma and PTSD

**June 1st: National
Say Something
Nice Day**

**June 15th – 21st:
National Men's
Health Week**

**June 21st:
International Day of
Yoga**

**June 27th: National
PTSD Awareness
Day**

For the full calendar visit:
<https://www.stampoutstigma.com>

Thank you!

Dear Valued Referral Source,

Thank you for referring to our WHS Center for Mental Health and Wellbeing inpatient unit. Your confidence in our work and sharing our name is what helps our unit grow. We look forward to working with you in the future.

Sincerely,

Jennifer Campbell, MSW, LSW

Program Manager, WHS Center for Mental Health and Wellbeing

Washington Health System & Washington Physicians Group

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Greene County Crisis Line: 1-800-417-9460
Washington County 24-Hour Crisis Hotline: 1-877-225-3567
National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673