



THE BURNT CHEF
PROJECT

NATIONAL PTSD AWARENESS DAY

June 27th, 2024

While cases and characteristics of post-traumatic stress disorder can look different in different people, the symptoms of PTSD can be grouped into four main categories:

Intrusive memories

People with PTSD often experience flashbacks, nightmares, and overwhelming memories about their trauma. These intrusive thoughts can be triggered by situations or conversations that remind them of the event and make them feel as if they are reliving or can't escape it.

Avoidance

People with PTSD may try to shut out feelings about their trauma. They avoid the people, places or situations that remind them of the traumatic event in order to avoid thinking and talking about it.

Negative changes in thinking and mood

People with PTSD may have negative thoughts about themselves, other people and about the world, making it difficult to maintain close relationships. They may also feel hopelessness about the future and lose interest in activities they once enjoyed.

Changes in physical and emotional reactions

People with PTSD may be easily startled or frightened, always on high alert for potential dangers. They may also experience intense emotions such as irritability, angry outbursts, aggressive behaviour, guilt or shame.

If these issues last longer than a few weeks, or they are extreme, please seek guidance from your local healthcare professional.

Find support here: 



Text **BURNTCHEF** to **85258 (UK)**



Call **0800 085 1376 (UK)**
+44 (0)20 7938 0963 (Global)



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