Posttraumatic Stress Disorder (PTSD) develops after a person is negatively affected from a traumatic event(s) such as combat, an accident, or natural disaster.

Did you know?
- According to Meyer and colleagues (2012), 24.2% of firefighters are affected by PTSD compared to 8.7% of U.S. adults and 9.2% of Canadian adults in their lifetime.

Symptoms include:
- Intrusive memories
- Avoidance
- Negative alterations in cognition and mood
- Alteration in arousal and reactivity

To meet the full diagnosis, all the symptoms have to be present for a full month.

References and Resources:
- http://www.iaffrecoverycenter.com/ (IAFF Recovery Center)
- http://www.ptsd.va.gov/ (National Center for PTSD)
- http://www.afterdeployment.com (Online Self Assessments and Facts)