

The Growth of PTSD

Ffion, Syd and Harriet – Thursday 16 March 2017

After many studies, it has been proven that PTSD (post-traumatic stress disorder), has become more prolific over recent years. For instance, in 2017, 7-8 out of every 100 people will have PTSD at some point in their lives. This converts as 7-8% of the population.

PTSD can affect people who suffer from it in an array of different ways; this varies from depression, anxiety, flashbacks, fear of going out in public and also fear of socialising with people.

This is extremely challenging to live with; many people seek medical advice or assistance to help them cope/adapt to living their normal day to day life.

We interviewed a man diagnosed with PTSD, he explained to us that the treatments he takes part in are “mostly states of mind or fixed ways of thinking that help to prevent depression and violence”. However it still is really hard, PTSD doesn't only impact the life of the sufferer but also the lives of those around them. He was in the army for 25 years and didn't suffer PTSD until after leaving the army. On his worst days he is forced to deal with flashbacks of the faces he encountered during active service. Everyday activities – such as sitting on the toilet - trigger his PTSD. This is because it was everyday activities where he was most vulnerable, when on tours. Each year more men and women suffer from this condition. From leaving the army, to a traumatic event in their life. It doesn't get easier but they learn to live with it day by day. If you know anyone who suffers in silence from this condition please prompt them to seek medical assistance and speak to you about it.

