

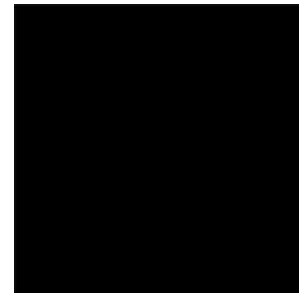
SHARE:

[Join Our Email List](#)

## PTSD Awareness: What to Know During Times of Turmoil

During this time of overwhelming turmoil amidst a pandemic, we want to take a moment to share an important message from Dr. Anthony Hassan, CEO and President of the Cohen Veterans Network:

*“The murders of George Floyd, Ahmaud Arbery, Breonna Taylor, and countless others, are truly an American tragedy. Cohen Veterans Network condemns these acts and stands against systems that have for too long oppressed and devalued the lives of Black Americans and people of color. As an organization, we commit to speaking out against prejudice and injustice, supporting our communities as they seek to heal, and working together to develop meaningful solutions.”* Click [HERE](#) to read more.



At the Cohen Clinic at Easterseals, we want to echo Dr. Hassan’s message by emphasizing that we value inclusion as part of our mission for our clients and community. Our behavioral health clinic is available to all veterans and military families — of various backgrounds and regardless of discharge service— to receive the highest-quality mental health care service because stress, anxiety, depression, and post-traumatic stress disorder (PTSD) are problems that inflict all people and all races.

We know that watching or even being a part of all the protests happening across our country may have the potential to ignite or re-ignite PTSD among clients. So, we would like to take this opportunity to share information on common signs of PTSD, which could surface weeks, months or even years later after a trauma.

**Memories** of a post traumatic event can come back to bother you, whether you're thinking about it or not. Recollections of the traumatic event may begin to surface in your sleep, as a nightmare or even as a flashback.

**Avoidance** is another symptom in which you may try not to think or talk about the traumatic event. You also may try to steer clear of everyone and everything that reminds you of the event, including places and activities.

**Increased physiological arousal** that can heighten your emotions and affect your physical or emotional reactions. Examples could include becoming easily startled or frightened, or always being on guard for danger.

**Negative thoughts and depressed or irritable mood** could start to increase and this may not necessarily be in response to things related to the traumatic event. You may feel hopeless, numb, angry, irritable or feel bad about yourself or others. Thoughts of suicide may even occur.

Because PTSD may be hard to self-identify, the best option is to seek assistance from a health care provider. Getting treatment as soon as possible can help prevent post-traumatic stress disorder symptoms from getting worse. So, if you or someone you know feels they might be experiencing PTSD, or even just an intense level of stress, anxiety and depression, please contact our office right away.

Our clinicians are here to support our veterans, active duty and military families. To find out more about HOW we can effectively address PTSD, read our past blog, "[Breaking Down Barriers to Care for Veterans with PTSD](#)".

On Thursdays from 3:30 to 4:30 pm, we offer Cohen Clinic Virtual Office Hours, so you can connect with us about our services or just to share your struggles or ideas on what is happening around us today. Click [HERE](#) for more info.

Currently, we are offering all of our clinic services through telehealth. To schedule an appointment please call 240-847-7500. If you need assistance after-hours please contact Vets4Warriors at 1-855-838-8255.

We are here for you!

## Facts About PTSD

