

Types of situation that can cause PTSD include:

Surviving a severe accident, such as a road traffic accident.

- Being a victim of serious violent crime.
- Witnessing a violent attack on someone else.
- Witnessing a death.
- Being involved in military combat.
- Situations working for the emergency services.
- Being held hostage.
- Experiencing natural disasters, such as an earthquake.

PTSD causes feelings of intense fear, helplessness and horror. You can have panic attacks, nightmares and flashbacks (seeing images or visions of the past event in your mind).

To get a diagnosis of PTSD, you will usually have to show symptoms for more than a month. You may feel less able to socialize, work or carry out everyday activities.