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June 27 is Post-traumatic Stress Disorder Awareness Day

(OKLAHOMA CITY) – Post-traumatic Stress Disorder (PTSD) awareness day is June 27th, 2019. According to the U.S. Department of Veteran Affairs, PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event. This includes: combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event.

"At first, it may be hard to do normal activities, like go to work, go to school, or spend time with people you care about," said David Swope, David Swope, LPC, LADC, CEAP, clinical director at Sunbeam. "But most people feel better after a few weeks or months. If it's been longer than a few months and you're still having symptoms, you may have PTSD."

Having a very intense or long-lasting traumatic event, or getting injured during the event, can make it more likely that a person will develop PTSD. Previous traumatic exposure, age, and gender, can affect whether or not a person will develop PTSD. Stress can make PTSD more likely, while social support can make it less likely.

If a person's symptoms of PTSD last longer than a few months, are very upsetting, or disrupt your daily life, that person should talk with their doctor or a mental health provider. Trauma-focused psychotherapy, which focuses on the memory of the traumatic event and its meaning, is the most effective treatment for PTSD. When choosing a mental health provider, ask if that counselor has had specific training and experience with trauma-focused psychotherapy.

Sunbeam offers high-quality, affordable Counseling services for people of all ages who need help with life's challenges. Clients learn ways to identify, cope and build strengths to overcome difficulties. Clients learn ways to identify, cope and build strengths to overcome difficulties.

Sunbeam's staff consists of mental health professionals who provide traditional counseling services based on their professional training, experience and areas of expertise. Counselors are Licensed, License Eligible, or Master Level Interns who are supervised by Licensed Clinicians. Sunbeam's counselors are professionally trained in individual, marital, relationship and family therapies. They have the experience and dedication to help individuals and families find solutions that provide hope. For more information call 405-528-7721.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma's longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam's mission is to provide help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.