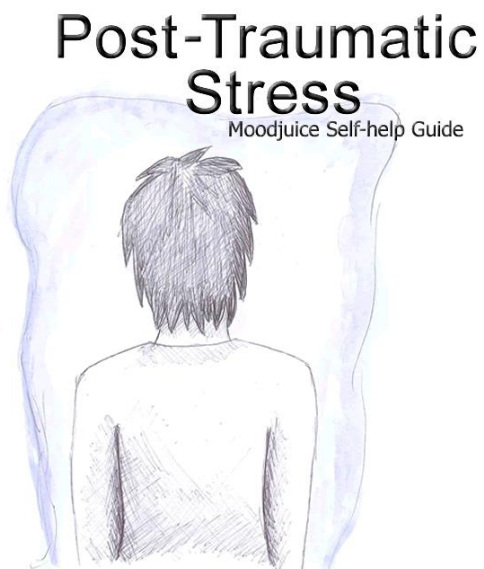


## **Post Traumatic Stress**

Mood Juice: Self Help Guide

<http://www.moodjuice.scot.nhs.uk/posttrauma.asp>



Learn more about post-traumatic stress and skills to cope with it.

NHS: Post Traumatic Stress – An NHS Self Help Guide

<https://web.ntw.nhs.uk/selfhelp/leaflets/Post%20traumatic%20Stress%20A4%202016%20FINAL.pdf>

## **Post Traumatic Stress**

An NHS self help guide

**NHS**

**Northumberland,  
Tyne and Wear**  
NHS Foundation Trust



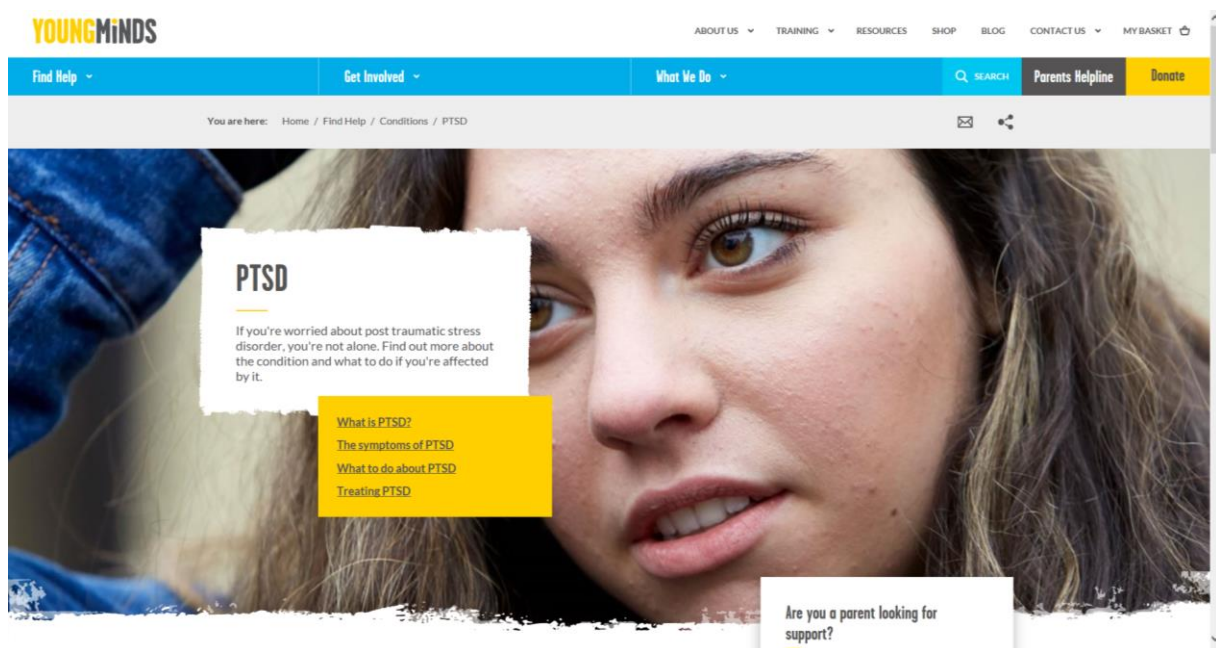
## Mind: Understanding Post Traumatic Stress

<https://www.mind.org.uk/media/1594512/understanding-ptsd-2014.pdf>



## Young Minds: What is PTSD

<https://youngminds.org.uk/find-help/conditions/ptsd/>



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### PTSD

If you're worried about post traumatic stress disorder, you're not alone. Find out more about the condition and what to do if you're affected by it.

- What is PTSD?
- The symptoms of PTSD
- What to do about PTSD
- Treating PTSD

Are you a parent looking for support?