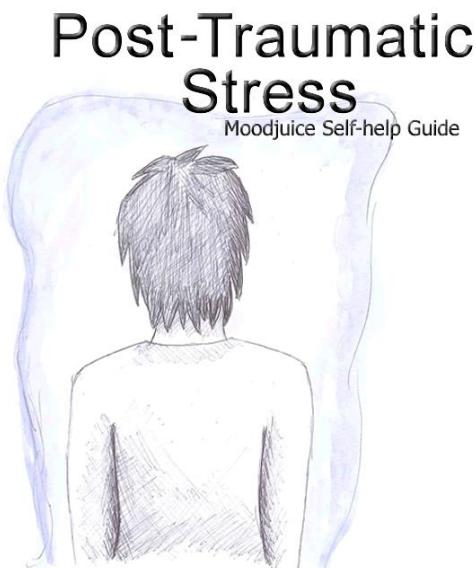


Post Traumatic Stress

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/>

A screenshot of the YoungMinds website. The top navigation bar is blue with white text, featuring links for 'Find Help', 'Get Involved', 'What We Do', 'SEARCH', 'Parents Helpline', and 'Donate'. Below the navigation is a large, close-up photograph of a woman's face, looking slightly to the side with a neutral expression. Overlaid on the image is a white rectangular box containing text and a yellow sidebar with links. The white box contains the word 'PTSD' in bold. Below it, smaller text reads: '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.' The yellow sidebar contains five links: 'What is PTSD?', 'The symptoms of PTSD', 'What to do about PTSD', and 'Treating PTSD'. In the bottom right corner of the image area, there is a smaller white box with the text 'Are you a parent looking for support?' and a small green link below it.