

Truths That People With PTSD Wish Others Understood

by Automated Submission - Sunday, July 26, 2015

<http://trueblueline.net/2015/07/truths-that-people-with-ptsd-wish-others-understood/>

Post-traumatic stress disorder, or PTSD, is a condition that will affect an estimated 7.8 percent of Americans at some point in their lives, according to the [Department of Veterans Affairs](#). It's a psychiatric disorder that can be caused by life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents or physical or sexual assault.

[The Mighty](#) wanted to raise awareness and spread understanding of this serious and often debilitating condition. So together with the PTSD Support and Recovery Facebook page, they [asked people who live with the condition](#) what they wish others could understand about it. This is what they had to say.

1. "It isn't just war veterans who suffer from it. It's caused by being in any traumatic situation, such as mental, physical or sexual abuse. Car accidents or watching a traumatic incident can also cause it." — Julianne Parker Jeppesen.

Read more on [Yahoo Health](#).

Source: www.yahoo.com

trueblueline.net