## PTSD in North Lawndale







What is Post-Traumatic Stress Disorder (PTSD)?

A disorder triggered by a terrifying experience, such as abuse, an assault, or witnessing a shooting

PTSD may:

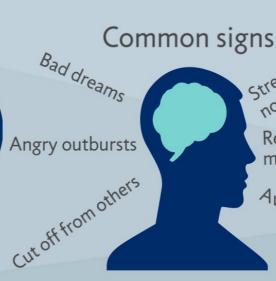




1 in 4 North Lawndale adults have current signs of PTSD







Stressed when

Stressed when

Repeated, disturbing memories

Avoiding situations



ANYONE can develop PTSD

## What you can do



Contact a professional

Mount Sinai Hospital Behavioral Health 1500 S. Fairfield Ave 773-257-6672



Talk to a loved one, friend, or someone in your faith community



Suicidal thoughts? Call 1-800-273-8255 or text 741741