

# STOP MENTAL ILLNESS FOUNDATION

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STOP  
MENTAL ILLNESS  
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SMIF

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Newsletter



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## Understanding and Coping with Post-Traumatic Stress Disorder (PTSD)

This Newsletter delves into Post-Traumatic Stress Disorder (PTSD), a mental health condition resulting from exposure to traumatic events. It explores the disorder, its symptoms, causes, and how to recognize it.

It also covers coping methods, support resources, the significance of seeking assistance, and the healing journey, including the role of counseling in PTSD recovery.



First Choice College Lagos

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## What is Post-Traumatic Stress Disorder (PTSD)?

PTSD is a psychological condition that develops after experiencing or witnessing a traumatic event. It can occur in response to various types of trauma, such as natural disasters, accidents, physical or sexual assault, combat, or other life-threatening events. Individuals with PTSD often re-experience the trauma through intrusive memories, nightmares, or flashbacks. They may also experience emotional and physical distress when reminded of the event.

## Causes of PTSD

- PTSD can result from different traumatic events, with factors like the severity and length of trauma, personal vulnerability, and the presence of support systems affecting its likelihood. Preexisting mental health issues and prior trauma exposure can also play a role in PTSD development.

## Coping with PTSD

- Coping with PTSD involves a comprehensive approach, addressing emotional and physical aspects. Healthy coping strategies include seeking support, relaxation techniques, self-care, and enjoyable activities. Avoid unhealthy coping methods like substance abuse or isolation, which can worsen symptoms.

## Symptoms of PTSD



Common symptoms of PTSD can be categorized into four main clusters: intrusive thoughts and memories, avoidance behaviors, negative changes in thoughts and mood, and changes in arousal and reactivity. These symptoms may vary in intensity and duration. Some individuals may experience symptoms shortly after the event, while others may develop them months or even years later.



## Support for People with PTSD

Support from friends, family, and mental health professionals is crucial for individuals with PTSD. Loved ones can offer a listening ear, understanding, and patience. Mental health professionals, including therapists and counselors, can provide specialized support through various therapeutic approaches like cognitive-behavioral therapy (CBT) or eye movement desensitization and reprocessing (EMDR)

## Healing from PTSD and the Role of Counseling

- **Trauma-Informed Approach:** Counselors with expertise in trauma use sensitive and empathetic methods to address PTSD.
- **Establishing Safety and Trust:** Creating a safe and trusting therapeutic relationship is a primary goal, ensuring individuals feel comfortable sharing without judgment.
- **Psychoeducation:** Counselors educate individuals about PTSD, reducing shame and self-blame.
- **Processing Traumatic Memories:** Therapy helps individuals make sense of traumatic memories using evidence-based techniques like CPT and EMDR.
- **Addressing Symptoms:** Counselors teach coping strategies to manage symptoms, including grounding exercises and mindfulness.

## Seeking Help for PTSD



Knowing when to seek professional help is essential. If PTSD symptoms persist for more than a month, significantly impact daily functioning, or cause distress, it is crucial to consult a mental health professional. They can provide an accurate diagnosis, develop an individualized treatment plan, and offer support throughout the healing journey.

# THE STOP MENTAL ILLNESS FOUNDATION SIGNIFICANT EVENT AT FIRST CHOICE COLLEGE LAGOS

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The Stop Mental Illness Foundation organized a significant event at First Choice College Lagos, where CEO Mrs. Oluseyi Elizabeth Odudimu presented on drug addiction and abuse among Nigerian youth. Approximately 400 students, along with nearly 100 parents and teachers, attended.

Mrs. Odudimu's impactful presentation received remarkable feedback, fostering understanding and a commitment to addressing the issue. Special thanks to Mrs. Kafayat for her exceptional leadership in organizing the event. Such events are vital for creating awareness and fostering open discussions on mental health and addiction.

The foundation remains committed to its mission of promoting mental health and supporting Nigerian youth. Gratitude to all involved; together, we can make a positive impact on the youth of Nigeria. **READ MORE ON [SMIFNIGERIA.ORG](http://SMIFNIGERIA.ORG)**

