

Polk CISM To Host Free Training



PTSD

Post Traumatic
Stress Disorder

In First Responders

Past or present first responders
(Fire, EMS, Law Enforcement, Dispatchers, Crime Scene)
and family members are invited to attend

Don't wait until you break..

Learn to cope

Guest speakers/counselors from the Lakeland Vet Center

Monday, March 9 at 6:30 p.m.

**First United Methodist School
455 S. Broadway Ave., Bartow**

For more information, call (863) 535-6366
or email at CISM@polkfl.com

What Does PTSD Look Like?

There are no obvious external wounds like the loss of a limb, so people who aren't trained to recognize symptoms of PTSD may think the person is fine. PTSD symptoms may start soon after the traumatic event or they may not appear until months or years later. While there are common symptoms of PTSD, people may experience different combinations of symptoms and symptoms may come and go over time. If symptoms don't go away and disrupt a person's ability to function emotionally, socially, and/or occupationally, he or she may have PTSD. Family members and friends need to pay close attention to their loved ones' actions and attitudes. If you notice your loved one exhibiting any of the common symptoms, encourage them to seek help.

POLK CISM



"Taking Care of Our Own"

(863) 535-6366

Many of us have a family member or know someone who has experienced a traumatic event. While most people exposed to a traumatic event do not develop PTSD, some people will. This condition may be difficult for people who experience it and for those who care about them. Family members and loved ones play an important role in PTSD recovery as they provide support. There are many things supporters can learn to maximize their ability to provide help.

Don't wait until you break...Learn to cope

