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## What Can Be Done if you think You Have PTSD?

What can be done about PTSD?

Each situation is unique, however, someone suffering from symptoms should consider seeking psychotherapy. In addition, the person may want to evaluate what they are doing to help themselves through the resultant post-trauma grief.

Support groups are another way to help a person establish a safe place to express difficult emotions and ameliorate feelings and symptoms associated with the trauma.

Other things that may help:

- Eating well and taking good multiple vitamins and minerals
- Daily exercise
- Establishing new routines or hobbies
- Daily Journaling

Can Children Experience PTSD?

Yes. When children are involved, ensuring that the other family members are part of the therapy and intervention plan is critical to assist the child in more expedient resolution of the PTSD symptoms.

**Please call your doctor if you believe that you or someone you love is suffering from PTSD.**



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*Understanding Trauma & Bereavement...*

## Post-Traumatic Stress Disorder (PTSD)



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623-979-1000  
[www.misschildren.org](http://www.misschildren.org)

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M . I . S . S .  
F O U N D A T I O N

# Understanding the Grief Process

Most traumatic events in life bring grief to a person. Here are some manifestations of grief that a person may experience after the death of a loved one:

- Sadness and depression
- Denial, shock, and confusion
- Anger and irritability
- Inability to sleep
- Nightmares or fear of sleep
- Loss of appetite
- Fear of being alone
- Somatic/physical complaints such as stomach aches and headaches
- Inability to concentrate or focus
- Guilt over failure to prevent the loss
- Depression or a loss of interest in daily activities
- Regressive behavior—acting much younger or reverting to earlier behaviors
- Forgetfulness
- Apathy
- Extreme emotional outbursts
- Hyper-sensitivity

# Frequently Asked Questions:

## What is PTSD?

PTSD is a cluster of symptoms that can occur when a very traumatic incident occurs in a person's life. Trauma often initially leaves a person feeling powerless, victimized, and emotionally, physically, and mentally paralyzed. Types of trauma that increase a person's chance of experiencing PTSD include the death of a child, hurricanes and other natural disasters, fires, severe transportation accidents (auto, plane), victimization by criminal activity (rape, burglary, assault), witnessing violence, rape, prolonged trauma such as war, child sexual abuse, cult involvement, and verbal/emotional familial abuse. PTSD can also frequently occur months after the death of a loved one.

## What are the effects?

The effects of PTSD can be subtle or they can be overt. They can include extreme mood swings, uncontrollable outbursts, irrational long-term fears, physiological symptoms (somatic) such as headaches, lethargy, digestive troubles, repetitive disturbing nightmares, and a change in appetite. Self destructive behaviors can also appear in some such as drug and alcohol abuse or self-mutilation.

According to the Post Traumatic Stress Disorder Alliance, recognizing PTSD includes identifying clusters of symptoms that have been present for one month or longer which cause "severe problems or distress." Some of the indicators include:

1. Reliving the event through nightmares or other uncontrollable and "intrusive" thoughts. Often this replay causes physical stressors such as heart palpitations, headaches, or sweating.
2. Avoidance of reminders of the event or death which includes a person going out of their way to avoid places, people, or activities associated with the trauma.
3. Hyper-arousal and sensitivity at all times making it difficult to concentrate, work, sleep, and increasing irritability, aggression, withdrawal, or isolation.

## Can Children Experience PTSD?

Yes. But as with adults, often it can be dismissed or misdiagnosed, according to the PTSD Alliance. It is important that children are well-supported during times of high-stress and trauma. A therapist can provide a good outlet for children. Books, resources, sharing or support groups, and open family discussion may also help the child.

## How Can the MISS Foundation Help?

The MISS Foundation is committed to helping families heal after the death of a young child or baby. Contact us below for more information.

### Yes, I am interested in your program

Name of Interested Parties

Age if child

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Yes, Please contact us by phone or mail to sign up!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Person Who Died

\_\_\_\_\_  
Date/Dates of Occurrence

**Send your form to:**  
**MISS Foundation**  
**P.O. Box 5333**  
**Peoria, Arizona 85385**  
**Or visit [www.misschildren.org](http://www.misschildren.org)**

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