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:
- Lead to alcohol and drug abuse
- Hurt relationships
- Affect work and school
- Occur with depression

Common signs
- Bad dreams
- Stressed when not in danger
- Repeated, disturbing memories
- Angry outbursts
- Avoiding situations
- Cut off from others

1 in 4 North Lawndale adults have current signs of PTSD

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

For more info on health in your community, visit www.sinaisurvey.org