

SILENT WOUNDS: WHAT PTS REALLY IS AND ISN'T

Myth: PTS happens immediately after a traumatic event.

Truth: Symptoms can appear days, weeks, or even months later. Some people function well for a while before symptoms emerge.



Myth: PTS means you're weak or mentally unstable.

Truth: PTS is a normal reaction to abnormal experiences. It's not about weakness - it's about the body and brain responding to severe stress.

Myth: You just need to "move on" or "get over it."

Truth: PTS is a real medical condition that often requires support, therapy, and time to heal - it's not something you can simply will away.



HELP IS AVAILABLE! YOU ARE NOT ALONE!



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