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BLOG

Months After a Trauma and Still on Edge?

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Ask Yourself

- Has it lasted more than a month?
- Am I avoiding places I used to handle?
- Has someone close noticed a change?

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What Can Help Between Visits

- Keep regular routines
- Stay in touch with people you trust
- Expect gradual change, not overnight

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What You Can Do

- Ask about a PTSD evaluation
- Veterans: dial 988 and press 1
- Thoughts of suicide? Call or text 988

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Read the full article

Can PTSD Start Months After a Trauma? Signs, Timing and When to Get Help

hopebehavioralmedicine.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988. Veterans can dial 988 and press 1.