seeking help is a sign of strength

Don’t wait until you break.

Post Traumatic Stress – Recognise the early warning signs and don’t ignore them.

Flashbacks • Nightmares • Insomnia
Fatigued • Agitated • Drinking
Detached • Jumpy • Depression
Stress • Trauma • Grief

RESISTANCE • RESILIENCE • RECOVERY

Need crisis support now? Call Lifeline 13 11 14
www.lifeline.org.au/gethelp

Australian Centre for Posttraumatic Mental Health

info@pickingupthepeaces.org.au
pickingupthepeaces.org.au