

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

 PICKING UP
THE PEACES
PTS EDUCATION & AWARENESS

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