

## **Post Traumatic Stress Disorder**

Post Traumatic Stress Disorder is a form of **anxiety** that may occur after circumstances that have been so upsetting and threatening that the anxiety they cause can go on long after the event. These are usually life threatening situations like car crashes, train crashes or fires, impact of crime, sexual, domestic or racial abuse or violence. The people involved can feel nervous and anxious for months or years after the event, even if they have been physically unharmed.