



BJA
Bureau of Justice Assistance
U.S. Department of Justice

While We Have You...



Are you experiencing
frequent nightmares or flashbacks?

Do you feel an emotional numbness and/or avoidance to places, people, and activities associated with a particular event?



Symptoms of post-traumatic stress disorder (PTSD)¹ can manifest physically, behaviorally, and emotionally and can include:

- Panic attacks or elevated heart rate
- Nightmares and flashbacks
- Irritability or outbursts of anger
- Avoidance
- Being overly alert or easily startled
- Uncontrollable shaking
- Extreme fear of harm
- Numbness

Seek help! Reach out to your agency's Employee Assistance Program (EAP), a counselor, a physician, a friend, a supervisor, or a provider hotline.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers 24/7, free, and confidential mental health treatment at 1-800-662-4357.

Call 988 for the Suicide & Crisis Lifeline (or text "BLUE" to 741741).

¹ Coping with a Traumatic Event, Center for Disease Control and Prevention (CDC). <https://www.cdc.gov/masstrauma/factsheets/public/coping.PDF>

Agency EAP:

Agency Chaplain:



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Visit valorforblue.org and safleo.org for additional resources on PTSD.

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