



Supporting fellow
PTSD Survivors
on the
journey
of recovery.

We meet regularly
to share our
experiences,
coping strategies &
pathways to wellness

Some of the most common symptoms of PTSD include the following:

- Anxiety and depression
- Intense feelings of distress when reminded of a tragic event
- Flashbacks (feeling like the trauma is happening again)
- Recurring nightmares of the traumatic event
- Loss of interest in life and daily activities
- Feeling emotionally numb and detached from other people
- Sense of not leading a normal life (not having a positive outlook of your future)
- Avoiding certain activities, feelings, thoughts or places that remind you of the tragedy

You and Your Loved ones do not need to suffer alone.
You do not need a formal diagnosis of PTSD or to have served in the Armed Forces to join us.

To find you nearest support group in the Liverpool City Region,

Please visit our website; www.ptsdsupport.co.uk

Contact us via info@ptsdsupport.co.uk

or call **07903 544585**