

# Understanding the difference between trauma and PTSD

## Are you experiencing the effects of trauma which is having devastating consequences both physically and psychologically?

People respond to trauma in different ways. For some, the issues settle; regretfully for a smaller percentage, the effects of this can be so severe that it interferes with an individual's ability to live a normal life – their whole life is disrupted.

If you think a trauma is taking over your life, please seek help with your GP.

## What is trauma?

Trauma could be caused by an accident, a one-off catastrophic event, or ongoing traumatic experiences. The two different types can be summarised as a:

- + Single incident, unexpected trauma
- + Complex, ongoing/repetitive trauma

Those who experience trauma more than once, or repeatedly, sometimes experience behavioural, social and/or emotional issues afterwards, and this can sometimes be in the form of PTSD.

Reactions to trauma can include:

- + Numbness
- + Fear
- + Depression/elation
- + Anger and irritability
- + Guilt
- + Impaired sleep
- + Hopelessness
- + Cognitive and perceptual changes
- + Avoidance
- + Flashback
- + Hyper arousal/hyper vigilance

Seeking help with your GP can lead to support such as access to crisis support teams, access to a range of non-statutory services such as CRUSE or Victim Support, or information on how to receive more intensive treatment such as cognitive behavioural therapy (CBT).





## What can Priory offer?

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We can offer patients bespoke one-to-one and group therapy in an inpatient, outpatient and daycare setting.

Our specialised inpatient addiction treatment programme is available to those who may need more a more intensive treatment option. Priory's 28-day programme helps break any psychological dependency and temptation as well as providing medically assisted detox and a wide range of group therapy options.



## Workplace mental health

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Priory experts are able to support individuals who are experiencing mental health issues at work, or who are off work for a period of time caused by their mental health. We can help to improve self-esteem, confidence and overcome depression and other related conditions.

We also work with businesses to help employees better manage their mental health at work, and promote a culture of positive mental health.



## Enquiries and further information

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Priory offers personalised and accessibly-priced treatment for individuals who are looking to self-pay for treatment. We are also an approved provider for all of the UK's leading private medical insurers.

To make an enquiry, you can call our 24/7 enquiry line on **0808 302 4062** or email us on **info@priorygroup.com**

You can find out more information by visiting our website at **www.priorygroup.com/enquiry**

