

Press Release



Christian
Health Care
Center

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Christian Health Care Center Social Work Council Provides Education on Post-traumatic Stress Disorder

Wyckoff, NJ ... The Social Work Council and the 30 social workers who are on staff at Christian Health Care Center (CHCC) in Wyckoff provide a mental-health statistic of the month as just one more way of providing support for CHCC's residents, patients, clients, consumers, and their families. The latest topic was Post-traumatic Stress Disorder (PTSD).

PTSD occurs when a person goes through a traumatic life event that threatens sense of security and safety. The types of events include assault or abuse of any kind, natural disasters, serious accidents, combat, and accidental death. More than 50 percent of Americans have had a traumatic event occur in their life and PTSD can affect those who personally experience the event, witness the event, or pick up the pieces after the event, such as emergency workers.

After trauma, it is normal to feel upset, anxious, and on edge. While many people feel better after a few weeks or months, some relive events through flashbacks, avoid reminders of events, and feel an overwhelming negativity about the world they live in which can lead to

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depression, anxiety, and substance use. Per the National Center for PTSD, seven out of every 100 people will experience PTSD at some point in their lives; one in 10 men and two in 10 women develop PTSD. If symptoms persist, it may be time to meet with a medical or mental-health professional. The important consideration is that PTSD, acute or chronic stress, is treatable. For more information, visit ptsd.va.gov.

For more information about CHCC's broad scope of mental-health services, call (201) 848-4463 or email khockstein@chccnj.org.

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