



Recommended Resources for Video: Caregiver Information for PTSD and Children

Overview: Post-traumatic stress disorder (PTSD) is a physical and psychological condition occurring after a traumatic event. The symptoms of PTSD may include severe anxiety, nightmares, flashbacks and uncontrollable thoughts, hypervigilance and insomnia.

Resources: <http://www.adaa.org/living-with-anxiety/children/posttraumatic-stress-disorder-ptsd/symptoms>

<http://www.adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd>

<http://www.ptsd.va.gov/public/family/ptsd-children-adolescents.asp>

<http://www.brainlinemilitary.org/content/2011/05/the-invisible-injuries-of-war-impact-on-military-families-and-children.html>

<http://www.helpguide.org/articles/ptsd-trauma/post-traumatic-stress-disorder.htm>

<http://www.adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd>

Videos: <https://www.youtube.com/watch?v=VrjYwl9sgow>

<https://www.youtube.com/watch?v=greVQ-NOKkU>

<https://www.sharecare.com/video/healthmakers/jamie-howard/what-is-treatment-for-children-with-ptsd>

<http://www.nbcnews.com/nightly-news/video/army-veteran-tackles-ptsd-struggles-with-children-s-book-421437507547>

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated March 2016.