

PTSD- post traumatic
stress disorder

- **Experiencing recurring images and nightmares of the event**
- **Fear and anxiety**

- **Avoiding people, places, events that remind them of the traumatic event**

- **Intense physical and psychological distress when exposed to sights/sounds symbolizing events**

- **Sad, crying, clinging to parent**
- **Withdrawal from family and friends**

- **Irritable and easily
angry**
- **Difficulty
concentrating**

- **Loss of interest/ no motivation to carry on daily activities, even those that they like i.e. play**

- **Lack of energy,
tiredness, (also a result
of stress)**
- **Sleep disturbances**

- **Body aches--children particularly may complain headaches, chest pain and**

**abdominal/ stomach
pain.**

- **Feeding problems/ loss
of appetite**
- **Bed-wetting**

- **Attempts of suicide/
self-harm**
- **Frequent illness and
skin and respiratory
ailments**

- **Use of drugs/ alcohol
to cope with the
situation**