CLÍNICA VIVALDI · FREE SHEET · TRAUMA AND STRESS

Acute stress disorder

PTSD-like symptoms (intrusive memories, avoidance, alertness, sense of unreality) between three days and one month after the trauma.

COMMON SIGNS

- Relives the event
- Feels dazed or disconnected
- Can't sleep or relax

TIPS FOR YOU

1. Look for safety, rest and close support
2. Don't force yourself to talk about it if you don't want to
3. Get help if it doesn't improve within a few weeks

FOR FAMILY AND FRIENDS

1. Offer safety, rest and company
2. Respect it if they don't want to talk

WHEN TO ASK FOR HELP

1. If it doesn't improve within a few weeks
2. If there are thoughts of death: 024

TO OBSERVE AND NOTE DOWN

☐ Since the event I keep reliving what happened
☐ I have nightmares
☐ I feel dazed or as if in a dream
☐ I avoid everything that reminds me of it
☐ I can't get to sleep
☐ I'm very irritable or on alert
☐ I find it hard to concentrate
☐ Less than four weeks have passed since the event

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-estres-agudo
- Free guide: Trauma and post-traumatic stress: clinicavivaldi.com/en/guia-trauma
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com