



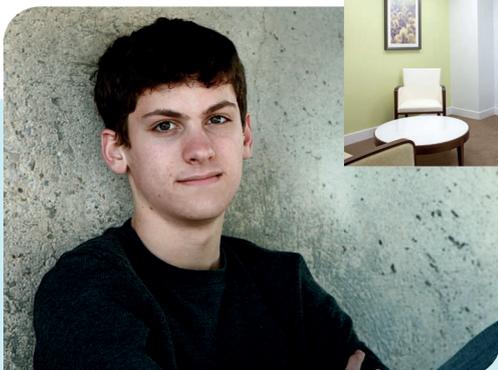
## Priory therapy services

# Child and adolescent post-traumatic stress disorder (PTSD)

## What is PTSD?

**PTSD is a psychiatric condition that may be suffered if you experience or witness a life-threatening event or a particularly traumatic occurrence. PTSD is a condition which can affect anyone, regardless of their age.**

Studies show that about 15 to 43% of girls and 14 to 43% of boys experience at least one traumatic event. Of those children and teens who have experienced trauma, 3 to 15% of girls and 1 to 6% of boys develop PTSD.



## What are the symptoms of PTSD?

**Symptoms of PTSD are both psychological and physical. These usually develop within three months of the traumatic event, although they can appear up to a year later.**

Children with PTSD can behave differently, depending on the trauma or their age. Information is included below on what to look out for:

### + Age 5-12:

- Young children who keep repeating trauma in their play
- Young children who have changed their behaviour following trauma, such as carrying items to protect themselves, becoming withdrawn, avoiding certain places, struggling to separate from parents
- Young children who are struggling to sleep following trauma, or having nightmares

### + Age 12-18:

- Young people having flashbacks, nightmares, high levels of arousal, distress, poor concentration, poor sleep or anger/aggression following trauma
- Fear, worry, sadness, low self-esteem, self-harm or use of harmful substances following trauma



**86%**

of patients undergoing therapy saw a reduction in their levels of anxiety

**85%**

of patients undergoing therapy saw a reduction in their levels of depression

## How can Priory help?

**Priory works with leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.**

Using the latest evidence-based practices, our experts offer specialist therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation, both in terms of the specialist team and treatment the delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around school and work hours, including evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals, allowing for a wider support network and movement into inpatient or day care if required.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies - check your policy to see what cover is available to you.

**100%**

of patients were satisfied with the overall quality of care received

**98%**

of patients would recommend us to a friend



## Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers the support you need, please contact us today:

**Call: 0800 840 3219**

**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

**Visit: [priorygroup.com](http://priorygroup.com)**

For the most up to date information on our services, please visit our website.