



How to recognize PTSD in children & teens

Acute Stress Reactions

It's not unusual to have acute stress reactions occurring within 4 weeks of exposure to a trauma.



PTSD symptoms usually begin within 3 months after the traumatic event, but may appear years after the event, often in response to another life stressor.



Symptoms in children often differ from those of adults.



Common Symptoms in Children

Recurrent, distressing dreams or recollections of the traumatic event.



Generalized nightmares of monsters, of rescuing others, or of threats to self or others.



Extra fears or aggressive behaviors in response to stress.



Physical symptoms such as stomach aches and headaches.



Co-occurring depression and substance abuse is not uncommon.



Difficulty sleeping alone.



Separation anxiety.

