

INSTRUCTIONS: You must download and save this interactive PDF locally before you fill it out. Re-open the saved version using Acrobat Reader and add your comments.

Unit 13: Understanding PTSD

Activity 1: Case Study

In response to the case study, answer the following questions:

Write your ideas below.

1. What symptoms do Maria and Joe have?

2. What are the differences between Maria and Joe's experiences?

Level 2 Certificate in: Awareness of Mental Health Problems

3. What impact do you think these symptoms have on their day to day lives?

Activity 2

1. Imagine that you are a relative, friend or a carer of someone with PTSD. List the ways this might make you feel.

2. What do you think was the impact of Tony's PTSD on his wife's mental wellbeing? Write your ideas below.