

The State of Trauma & PTSD

70% of adults in the U.S. have experienced some type of **traumatic event** at least once in their lives.

- National Council for Mental Wellbeing

Avoid using words like **“trauma”** and **“PTSD”** too casually in conversation to prevent minimizing their true meaning.



About 5 in 100 U.S. adults **have PTSD** in a given year.

- U.S. Department of Veteran Affairs

About **4% of children** are exposed to trauma that leads to PTSD.



- Children's Hospital of Philadelphia



More than 33% of **youths exposed to community violence** will experience PTSD.



- Department of Behavioral Health and Intellectual Disability Services (DBHIDS)

Visit [LucetHealth.com](https://www.lucethealth.com) to view the **PTSD Awareness Toolkit**