

Living with trauma and PTSD

Understanding trauma, PTSD, support and recovery

avive

Trauma and PTSD can affect how we think, feel and function in everyday life. Trauma is a natural response to experiencing or witnessing distressing or overwhelming events.

While many people recover over time, some continue to experience symptoms that affect everyday life and may develop post-traumatic stress disorder (PTSD).

PTSD can impact emotions, relationships, physical health and everyday functioning.

While experiences vary, effective treatments and support are available, and recovery is possible.

About Avive Heatlh

Avive provides connected mental health care across inpatient admissions, day programs, psychiatric review, TMS and authorised assisted therapies delivered by approved clinical partners within our licensed private hospital environments.

Through our hospitals, outpatient services and Cloud Clinic by Avive telehealth platform, we provide integrated, evidence-based care tailored to individual needs.



What is PTSD?

Post-traumatic stress disorder (PTSD) is a mental health condition that may develop after experiencing or witnessing a traumatic event.

While many people recover following trauma, others continue to experience symptoms that affect daily life, relationships and wellbeing.

With the right support, many people experience meaningful improvement and recovery.

Common signs and symptoms

PTSD can affect people differently. Common signs may include:

- intrusive memories, nightmares or flashbacks
- avoiding reminders of the traumatic event
- feeling constantly alert or on edge
- being easily startled
- difficulty sleeping or concentrating
- irritability or anger
- emotional numbness or feeling disconnected
- withdrawing from family, friends or usual activities
- feelings of guilt or shame
- using alcohol or other substances to cope



Trauma, PTSD and complex PTSD

Although related, these terms describe different experiences.

Trauma is the emotional and psychological response to experiencing or witnessing an overwhelming or threatening event. Most people experience trauma without developing PTSD.

PTSD is a mental health condition that may develop after trauma. It commonly involves reliving the event, avoiding reminders and feeling persistently on edge with ongoing changes in mood, thinking and behaviour.

Complex PTSD includes the core symptoms of PTSD but also affects emotional regulation, relationships and a person's sense of self. It is often associated with prolonged or repeated trauma, particularly where a person has felt unable to escape or remain safe.

When to seek support

It may help to seek professional support if:

- symptoms persist or worsen
- memories, nightmares or flashbacks affect daily life
- you avoid reminders of the trauma
- work, relationships or daily life become difficult
- you rely on alcohol or other substances to cope
- you have thoughts of self-harm or suicide

Treatment and support options

Recovery from PTSD looks different for everyone. Treatment is tailored to individual needs and may include:

- psychiatric assessment and review
- trauma-focused psychological therapy
- medication where clinically appropriate
- emotional regulation and grounding strategies
- group programs and peer support
- trauma-informed inpatient mental health treatment when additional support is needed

How can Avive help?

At Avive, our trauma-informed approach recognises that recovery is not only about reducing symptoms, but helping people regain a sense of safety, confidence and connection.

Avive provides integrated mental health care designed to support people experiencing PTSD, complex trauma and related mental health concerns. Depending on individual needs, support may include:

- inpatient admissions within a licensed private mental health hospital
- psychiatric review and medical oversight
- structured trauma-informed therapeutic programs
- evidence-based psychological therapies
- day programs and step-down support
- telehealth appointments through Cloud Clinic by Avive
- specialised support through our Military-Related Trauma Recovery Program (MRTRP) for eligible veterans
- family and carer involvement where appropriate

Our team works closely with patients, families and referrers to help identify the most appropriate level of support.



Supporting someone living with PTSD

Recovery is often strengthened through connection, understanding and support.
If someone you care about is experiencing PTSD, it may help to:

- listen without judgement
- avoid pressuring them to discuss traumatic experiences
- encourage professional support
- respect their boundaries and recovery journey
- learn more about trauma and PTSD
- look after you

Contact Avive

Inpatient admissions and day program enquiries

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avivehealth.com.au avivehealth

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This fact sheet provides general information only and is not a substitute for medical advice, diagnosis or treatment. Individual experiences and treatment pathways vary. Please speak with a qualified health professional about what support may be appropriate for you.