



# Invisible Children's Project

– Information for Children –

## **My Dad Used to Scare Me (A PTSD Story for Children)**

My dad used to scare me. Sometimes he would be nice, but most of the time he scared me. We always had to be quiet, especially when he slept during the day. My dad used to sleep all day and walk around all night. I never slept very well. I was always tired in school.

My mom would yell at my dad and cry all the time. She was always mad and when she cried it made me upset and I didn't know what to do. I couldn't talk to her or ask her for anything. I used to get angry when she yelled at my dad because I knew it would make him mad and that was when I really got scared.

The doctors said my dad was sick. He had to take a lot of medication to make him better. Sometimes he had to go to the hospital. I liked it when he went to the hospital because then I wouldn't be afraid. When he went to the hospital for a long time, I would miss him. When he came home from the hospital he would be nice for a little while. I wished he could always be like that. But he couldn't because he was sick with a mental illness. He wasn't like my friends' fathers and I felt different.

When I would go to school my teachers were very nice. When I went to church the priest and the brothers and sisters were always very nice. There were lots of people out there that loved me and helped me.

When I got older I found out that my father suffered from Post Traumatic Stress Disorder (PTSD) and had damage to his brain. PTSD happens when a person experiences life-threatening situations and keeps re-living these experiences over and over. When I was an adult, I got help from counselors and I got better and am no longer sad and scared all of time. There are wonderful people that can help you.