

# For some workers, trauma is a workplace hazard.

If you work in a WCB-covered workplace in Nova Scotia, then WCB benefits are available for PTSD and other psychological workplace injuries.

**Here's how to contact us.**

**wcb.ns.ca**

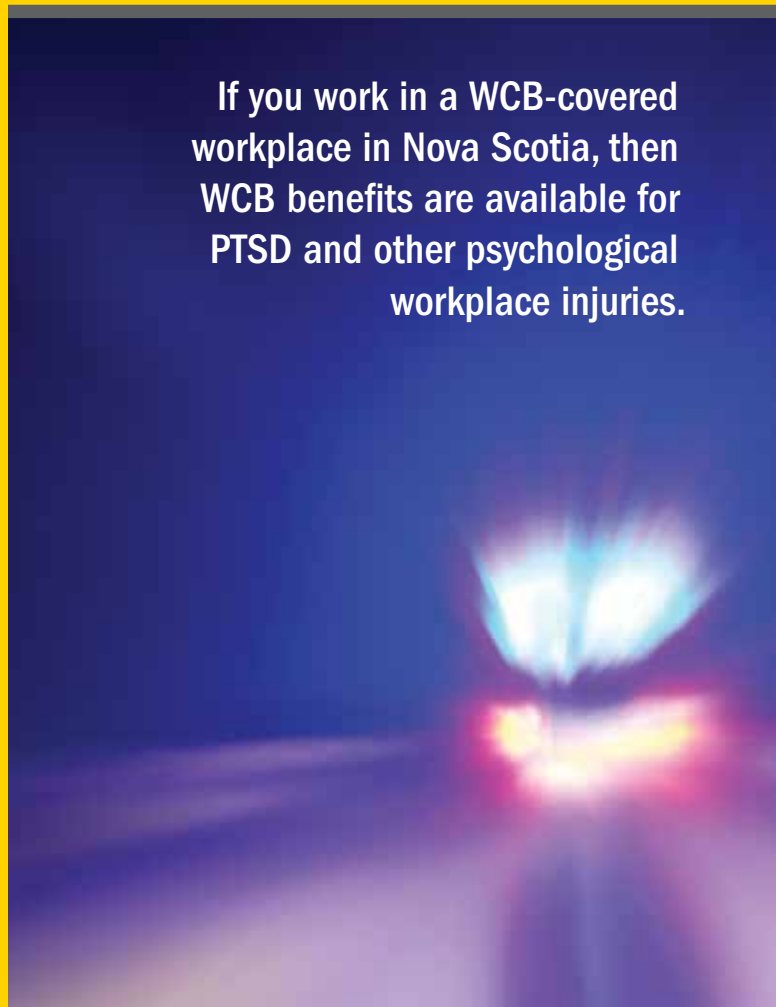
report an injury online: [my-account.ns.ca](https://my-account.ns.ca)

toll free: 1.800.870.3331

tel: 902.491.8999

Provincial Mental Health  
24/7 Telephone **Crisis Line:**

**1.888.429.8167**



## Workers exposed to on-the-job trauma often need help.

By the very nature of their jobs, some workers – police officers, firefighters, paramedics, and others – are exposed to more traumatic events than the average person. They are therefore at greater risk of developing post-traumatic stress disorder (PTSD). PTSD is a psychological injury. Workers with PTSD and other psychological injuries may qualify for workers' compensation benefits, just as they would for physical injuries.

If you think you may be suffering from PTSD, speak to a mental health professional as soon as possible. If you're diagnosed with PTSD due to job-related trauma, and you have WCB coverage at work, you should report it to your supervisor and the WCB. You may be entitled to benefits.

## What is PTSD?

Post-traumatic stress disorder is a mental disorder. It is related to exposure to trauma such as death, threat of death, serious injury, or violence. The symptoms of PTSD include vivid nightmares and flashbacks of the traumatic event. It can make a person feel nervous, on edge, or irritable. It can affect a person's mood, make them feel numb or detached, and make it hard to concentrate and sleep. PTSD can affect a person's ability to work, their family and social relationships, and may require time away from work.

## Do I qualify for compensation?

If your job has exposed you to a traumatic event, or multiple traumatic events, you may be at risk of developing work-related PTSD. If you work in a WCB-covered workplace, and you believe you have suffered a psychological injury, you should report this to us as soon as possible. To qualify for benefits, you would need to be diagnosed with PTSD or another mental health condition by a psychologist or psychiatrist.

Assessing these types of claims is usually very straightforward. Just as with other workplace injuries, the *Workers' Compensation Act* sets out some timelines related to claims for compensation. It is important that WCB receives the claim within a year from the diagnosis date, but even if it has been longer, please contact us to discuss the details of your particular claim. WCB benefits may include earnings loss benefits, as well as coverage for any treatment required.

## What can I do?

If you think you might be suffering from PTSD, reach out and seek help. Talk to your loved ones, talk to your doctor, and talk to your employer. If your workplace has WCB coverage, your employer can help you submit a WCB injury report. If your workplace has other insurance, you should follow their claim processes. If you are in crisis, take immediate action – **call the Provincial Mental Health 24/7 Telephone Crisis Line at 1-888-429-8167.**

If you know someone you think might have PTSD, reach out to them – and help them get the help they need.

**If you are diagnosed with PTSD due to job-related trauma, and you have WCB coverage, then you may qualify for compensation.**