

Resources

PTSD Information

www.ptsd.va.gov

VA PTSD Programs

www.va.gov/directory/guide/PTSD.asp

VA Health Benefits

1-877-222-8387

Military OneSource

1-800-342-9647

Mental Health Services Locator

<http://mentalhealth.samhsa.gov/databases/>

Suicide Prevention Hotline 1-800-273-TALK (8255)

PTSD can happen
to anyone.

Treatment Works.



www.ptsd.va.gov

WHAT IS **PTSD?**

PTSD = Posttraumatic
Stress Disorder

PTSD is a mental health
problem that can occur
after you have been through
a traumatic event.

PTSD Screen

Have you ever had any experience that was so frightening, horrible, or upsetting that, **in the past month**, you:

1. Have had **nightmares** about it or thought about it when you did not want to?
2. Tried hard not to think about it or went out of your way to **avoid situations** that reminded you of it?
3. Were constantly on **guard, watchful, or easily startled**?
4. Felt **numb or detached** from others, activities, or your surroundings?

★ *If you answer "yes" to any 3 items, we suggest you see a doctor for an assessment.*

Get Help Now

Early treatment can make a difference. Ask your provider about:

- Cognitive Processing Therapy
- EMDR* Therapy
- Prolonged Exposure Therapy
- Medications

Research shows these treatments work.

*Eye movement desensitization and reprocessing