ONE THING I'D LIKE TO SAY TO ALL OF YOU IS YOU'RE NOT CRAZY.

I had a complete meltdown with PTSD (posttraumatic stress disorder). I thought I was losing my mind. I'd never been out of control before, and it was hard to admit I needed help, but I wanted my old self back. I've gotten that and more. I'm strong. I'm healthy. I have tools, I have knowledge, and I have strength and courage to deal with it. I'm doing just fine.

RON WHITCOMB SGT US ARMY 1968 - 1969 SQUAD LEADER, VIETNAM

ABOUT FACE

PTSD TREATMENT CAN TURN YOUR LIFE AROUND.

FOR MORE INFORMATION VISIT WWW.PTSD.VA.GOV/ABOUTFACE

National Center for PTSD
Posttraumatic Stress Disorder

WWW.PTSD.VA.GOV