

Resources

PTSD Information

www.ptsd.va.gov

VA Health Benefits

1-877-222-8387

Military OneSource

1-800-342-9647

VA PTSD Program Locator

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

Mental Health Services Locator

<http://findtreatment.samhsa.gov/>

Suicide Prevention

1-800-273-TALK (8255)

PTSD can happen to anyone

TREATMENT CAN HELP

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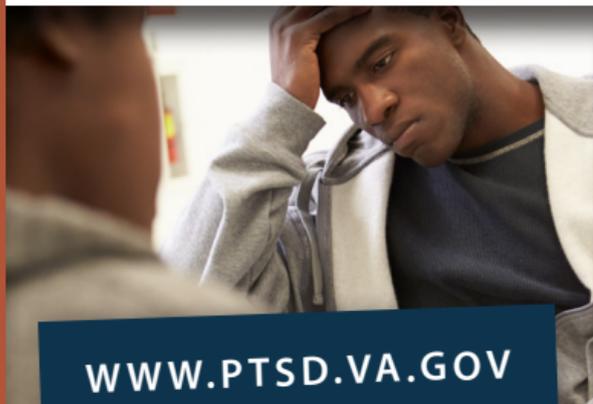


National Center for

PTSD

POSTTRAUMATIC STRESS DISORDER

What is PTSD?



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Posttraumatic Stress Disorder 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:

- Have had **nightmares** about it or thought about it when you did not want to?

- Were constantly on **guard, watchful, or easily startled?**
- Tried hard not to think about it or went out of your way to **avoid situations** that reminded you of it?
- Felt **numb or detached** from others, activities, or your surroundings?

**If you answer “yes” to any 3 items above, we suggest you see a doctor for an assessment.*



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GET HELP NOW

Ask your provider about:

- Cognitive Behavioral Therapy
 - Prolonged Exposure
 - Cognitive Processing Therapy
- Medication
- Eye Movement Desensitization and Reprocessing

RESEARCH SHOWS THESE
TREATMENTS WORK