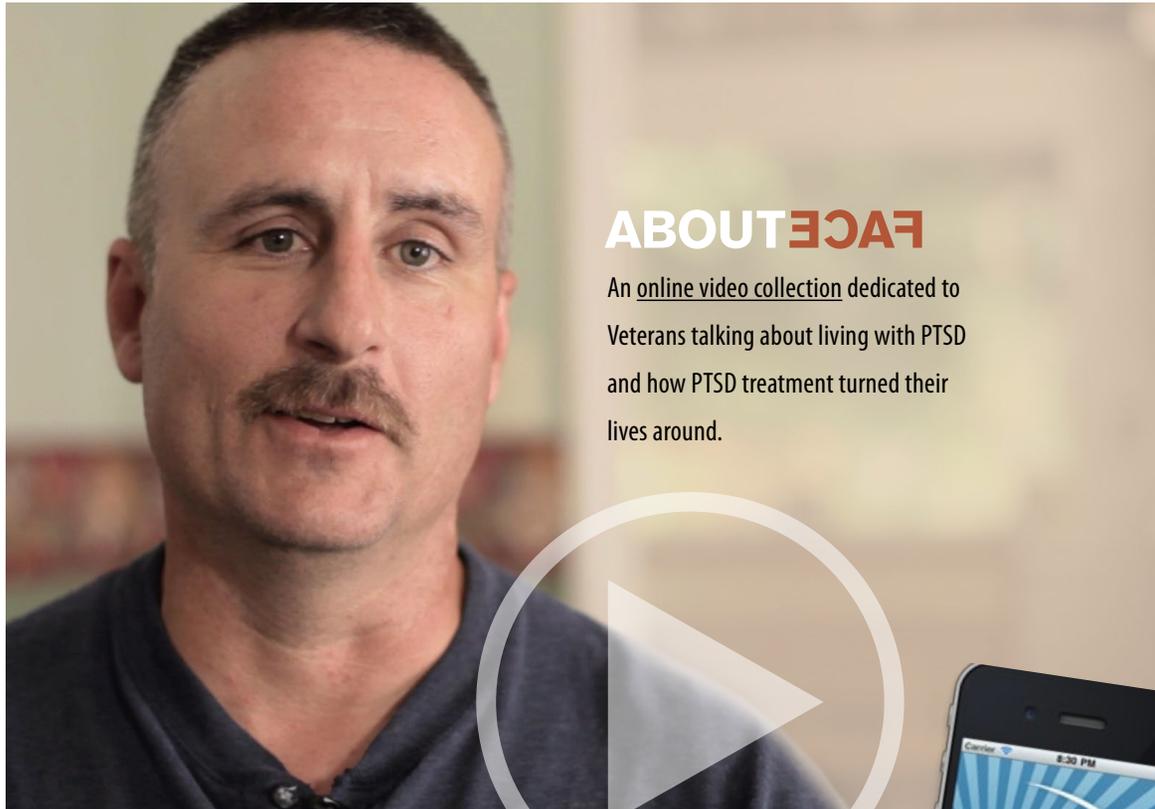


Trauma and PTSD

# ONLINE RESOURCES

*for Veterans, General Public, Family and Friends*



## ABOUT **FACE**

An online video collection dedicated to Veterans talking about living with PTSD and how PTSD treatment turned their lives around.



## Online Resources

### Understanding PTSD and

**PTSD Treatment** — Don't let PTSD get in the way of your life, hurt your relationships, or cause problems at work or school. Learn about PTSD and treatment choices to find out what is best for you. PTSD treatment can help.

**PTSD Coach Online** — Our video coaches will help you. Self-help tools to deal with problems, such as sleep, anger and isolation. Choose from 17 self-help tools.

**Returning from the War Zone** — This guide can help family members with reintegration following war.

**Whiteboard Videos** — A series of short, animated videos describing PTSD and PTSD treatment.

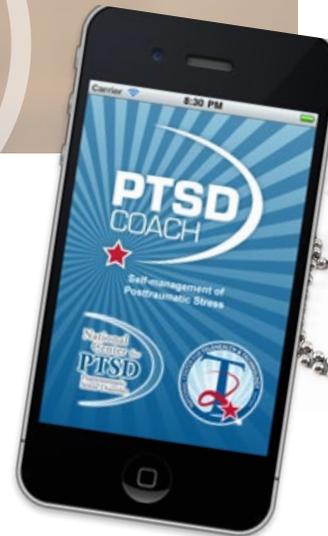


## What is PTSD?

Posttraumatic Stress Disorder (PTSD) can occur after someone goes through a traumatic event like combat, assault, or disaster. Most people have some stress reactions after a trauma. If the reactions don't go away over time or disrupt your life, you may have PTSD.

## Mobile Apps

Free for iOS and Android. Download to learn new skills in handling stress or to assist in therapy. Other apps are available for smoking, sleep habits and parenting.



[WWW.PTSD.VA.GOV](http://WWW.PTSD.VA.GOV)

