Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after you have been through a traumatic event. PTSD can happen to anyone. Treatment can help. Visit www.ptsd.va.gov for more information.
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.

GET HELP NOW

Ask your provider about:
- Cognitive Behavioral Therapy
- Prolonged Exposure
- Cognitive Processing Therapy
- Medication
- Eye Movement Desensitization and Reprocessing

WWW.PTSR.VA.GOV

Research shows these treatments work