DON'T SPEND A LIFETIME trying to understand your trauma

Avoiding situations that remind you of your trauma?

Constantly on guard?

Nightmares about your trauma?

Feeling numb or detached?

PTSD Treatment Works

Benefits after 8-15 sessions of trauma-focused therapy for PTSD include:

- Reduced PTSD symptoms
- Less depression
- Better sleep
- Healthier habits
- More satisfaction with life

No matter what your trauma or how long you have lived with it, it's never too late.

To find out about trauma-focused therapy at your VA, contact:

- Your provider
- The Women Veterans Program Manager
- The Women Veterans Call Center at 1.855.VA.Women (1.855.829.6636)

www.womenshealth.va.gov
www.PTSD.va.gov

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