

Wondering which PTSD treatment is right for you?

Use the PTSD Treatment Decision Aid to learn about and compare treatments.

PTSD TREATMENT DECISION AID: THE CHOICE IS YOURS

LEARN

Learn about PTSD and how this decision aid can help

COMPARE

Compare effective PTSD treatment options

ACT

Take action to start treatment



www.ptsd.va.gov/decisionaid

INCLUDES

Video Interviews with Providers

Interactive Comparison Chart

Customizable Summary Page



National Center for

PTSD

POSTTRAUMATIC STRESS DISORDER

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LEARN

Learn about PTSD and how this decision aid can help

Learn about how to use this decision aid to create a personalized summary that you can share with your provider. Plus, learn the basics of PTSD (what it is and how it can affect your life). Not sure if you have PTSD? No problem! A short screening tool is included in this section.

COMPARE

Compare effective PTSD treatment options

See an overview of evidence-based psychotherapies and medications that can help with PTSD symptoms, and find out why getting an evidence-based treatment is so important. If you're not sure where to begin, you can answer a few questions about what you like and don't like to determine what treatment might be the best fit for you. Compare all of the treatment information side-by-side in a comparison chart designed with you in mind.

ACT

Take action to start treatment

Getting started with PTSD treatment can seem overwhelming. This section breaks it down for you in easy steps, and includes a handy FAQ to address any concerns you might have. You'll be able to set goals for yourself and add deadlines to your calendar to help you stay on track. At the end of this section, you'll be able to review the personalized summary you've created, which includes information about your symptoms, goals, and preferences. Save or print it so that you can share it with your provider at your next appointment.



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