

HOW TO CHOOSE THE RIGHT PTSD TREATMENT FOR YOU



LEARN ABOUT PTSD TREATMENT

- **TRAUMA-FOCUSED THERAPIES** are the most effective PTSD treatment. They focus specifically on the memory of the traumatic event or its meaning.
- **ANTIDEPRESSANT MEDICATIONS** can also be used to treat PTSD. Though they may not cure the problem, they can reduce the symptoms.

✓ Learn more about these and other treatments:
https://www.ptsd.va.gov/understand_tx/tx_basics.asp



COMPARE TREATMENT OPTIONS

Think about your preferences when comparing treatment options. Consider:

- Is it effective?
- How long does treatment last?
- What are the risks?
- Group or individual?
- Will I talk about my trauma?
- Will I have homework?

✓ Create a personalized treatment chart to compare your options:
<https://www.ptsd.va.gov/decisionaid>



TAKE ACTION TO START TREATMENT

Talk with your provider about your treatment preferences. Ask questions. For example:

- Do you think the treatment is a good fit for me?
- What can I expect during therapy?
- How soon will I start to feel better?
- When can I start?

✓ Print your customized summary from the PTSD Treatment Decision Aid and share it with your provider: <https://www.ptsd.va.gov/decisionaid>



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