WOMEN VETERANS AND PTSD

**RISK FACTORS FOR PTSD IN WOMEN VETERANS:**
- Combat and combat-related trauma
- Reintegration challenges
- Intimate partner violence (IPV)
- Exposure to military sexual trauma (MST), which is sexual assault or harassment during service
- Explore the Beyond MST app

**SYMPTOMS OF PTSD**
- Reliving or re-experiencing the event
- Hyperarousal or being on guard
- Avoidance
- Negative changes in beliefs or feelings

**PTSD IN WOMEN VETERANS IMPACTS WELL-BEING:**
- **PHYSICAL**
  - ↓ Reproductive health
  - ↑ Medical conditions
- **MENTAL**
  - ↑ Depression
  - ↑ Loneliness
- **SOCIAL**
  - ↓ Relationship and family functioning
  - ↓ Work or school functioning
  - ↓ Connection to others

**PTSD IS MORE COMMON IN WOMEN VETERANS:**
- 13% of women Veterans
- 8% of civilian women

**TREATMENT WORKS**
No matter what you’ve experienced, there is a PTSD treatment for you.
- Explore treatment options: PTSD Treatment Decision Aid
- Hear stories from women who have been there: AboutFace
- Learn about and manage PTSD symptoms: PTSD Coach
- If you’ve experienced a traumatic event, a 5 question self-screen can help you decide if your feelings and behaviors may be related to PTSD.

Find VA health services for women Veterans:
- Call the Women Veterans Call Center: 1-855-VA-Women
- www.womenshealth.va.gov

Learn more about PTSD treatment: www.ptsd.va.gov