Resources

PTSD Information
www.ptsd.va.gov

VA Health Benefits
1-877-222-8387

Military OneSource
1-800-342-9647

VA PTSD Program Locator
www.va.gov/directory/guide/PTSD.asp

Mental Health Services Locator
http://findtreatment.samhsa.gov/

Suicide Prevention
1-800-273-TALK (8255)

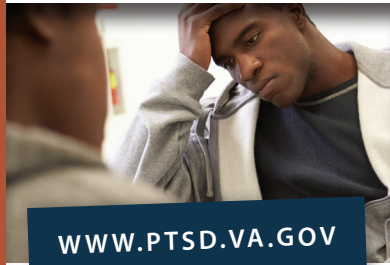
PTSD can happen to anyone

TREATMENT CAN HELP

WWW.PTSD.VA.GOV

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

What is PTSD?



WWW.PTSD.VA.GOV

Posttraumatic Stress Disorder is a mental health problem that can occur after you have been through a traumatic event.

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?
- ❑ Felt **guilty or unable to stop blaming yourself** or others for the event or any problems the event caused?

**If you answer "yes" to any 3 items above, we suggest you see a doctor for an assessment.*

WWW.PTSD.VA.GOV

GET HELP NOW

Ask your provider about:

- (PE) Prolonged Exposure
- (CPT) Cognitive Processing Therapy
- (EMDR) Eye Movement Desensitization and Reprocessing
- Medication

RESEARCH SHOWS THESE TREATMENTS WORK