Posttraumatic Stress Disorder is a mental health problem that can occur after you have been through a traumatic event. PTSD can happen to anyone. TREATMENT CAN HELP.

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 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.

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

WWW.PTSD.VA.GOV