PTSD can happen to anyone
TREATMENT CAN HELP
WWW.PTSD.VA.GOV

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

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 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.

Ask your provider about:

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

Get Help Now

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Research Shows These Treatments Work