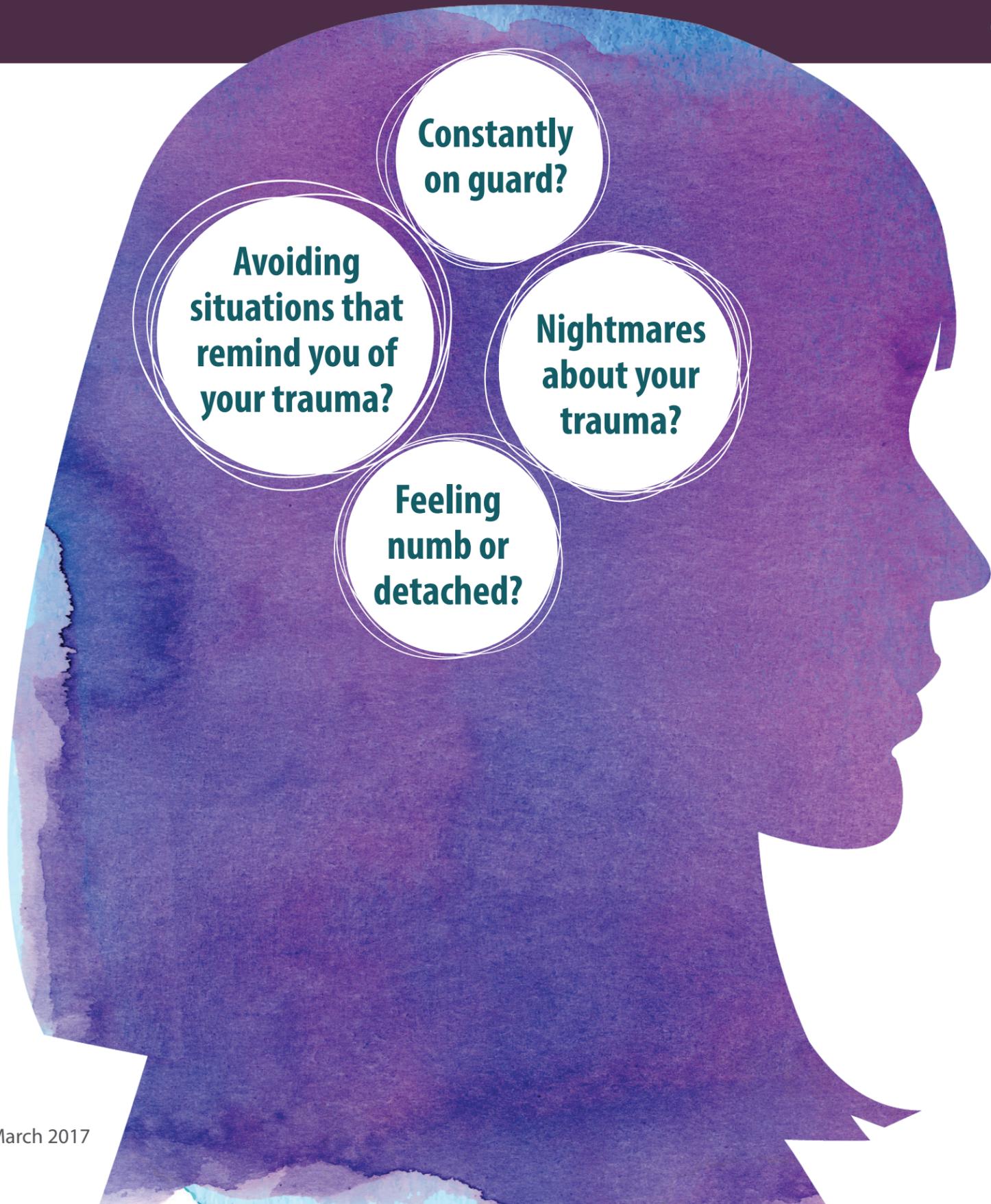


DON'T SPEND A LIFETIME *trying to understand your trauma*



Constantly
on guard?

Avoiding
situations that
remind you of
your trauma?

Nightmares
about your
trauma?

Feeling
numb or
detached?

PTSD Treatment Works

Benefits after 8-15 sessions of trauma-focused therapy for PTSD include:



Reduced
PTSD
symptoms



Less
depression



Better
sleep



Healthier
habits



More
satisfaction
with life

No matter what your trauma or how long you have lived with it,
it's never too late.

To find out about trauma-focused therapy at your VA, contact:

- Your provider
- The Women Veterans Program Manager
- The Women Veterans Call Center at 1.855.VA.Women (1.855.829.6636)

www.womenshealth.va.gov
www.PTSD.va.gov

