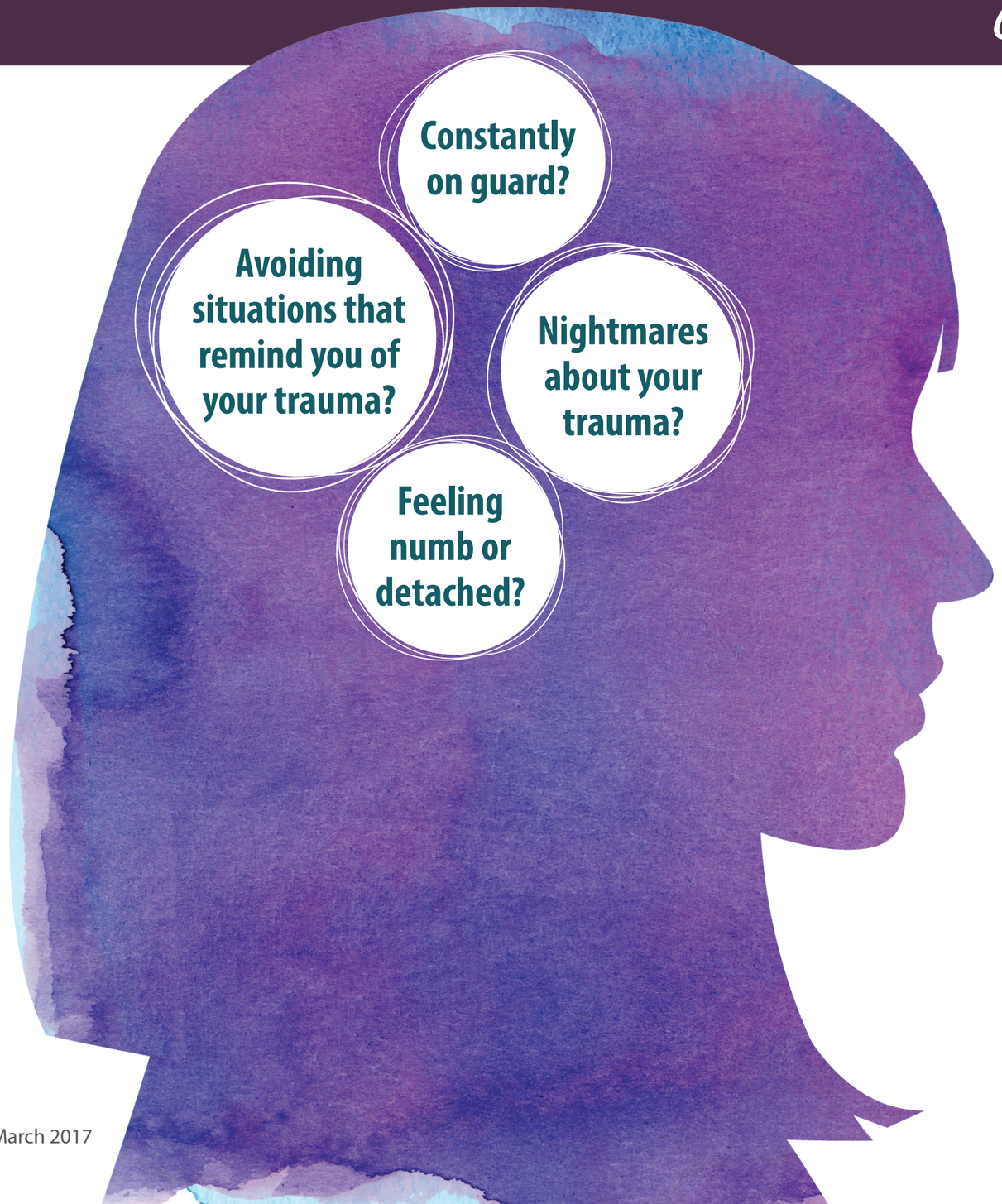
# DON'T SPEND A LIFETIME *trying to understand your trauma*

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## 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.**

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**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**

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER