

# THINKING ABOUT PTSD TREATMENT?

The PTSD Treatment Decision Aid can help you learn about effective PTSD treatment options and choose the treatment that is right for you.

Using the PTSD Treatment Decision Aid, you can:



**LEARN**  
about PTSD



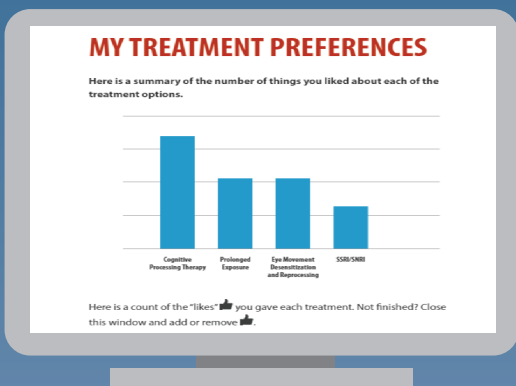
**COMPARE**  
effective treatment  
options



**ACT**  
to start treatment

# Why use the PTSD Treatment Decision Aid?

- ▶ Get answers to common questions you may have about treatment
- ▶ Hear about different treatment options from mental health providers
- ▶ Create a treatment comparison chart based on your preferences
- ▶ Receive a personalized summary you can share with your provider



Find the treatment that's right for you. Get started with the PTSD Treatment Decision Aid:  
[www.ptsd.va.gov/decisionaid](http://www.ptsd.va.gov/decisionaid)

*The PTSD Treatment Decision Aid is not a substitute for medical care or advice from a provider. Only a licensed professional can diagnose PTSD.*



U.S. Department  
of Veterans Affairs

