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

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