

## Resources

### PTSD Information

[www.ptsd.va.gov](http://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](http://www.va.gov/directory/guide/PTSD.asp)

### Mental Health Services Locator

<http://findtreatment.samhsa.gov/>

### Suicide Prevention

1-800-273-TALK (8255)

PTSD can happen to anyone

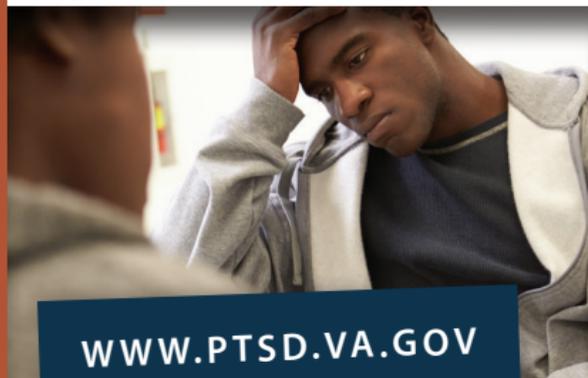
**TREATMENT CAN HELP**

**WWW.PTSD.VA.GOV**

National Center for  
**PTSD**

POSTTRAUMATIC STRESS DISORDER

## What is PTSD?



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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.*

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## GET HELP NOW

Ask your provider about:

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

RESEARCH SHOWS THESE  
TREATMENTS WORK