

# HOW CAN PTSD TREATMENT HELP YOU?

PTSD symptoms can have a big impact on overall health and well-being.  
PTSD treatment can turn your life around by helping you:

## Find Resolve

*"One of the biggest successes I got out of therapy was learning a new sense of purpose."  
~Andrew Reeves, US Army Veteran*



## Improve Sleep

*"I'm sleeping more hours and I actually feel rested and healed when I wake in the morning."  
~Diana Franz, US Army Veteran*



## Improve Self-Esteem

*"I could feel my self-esteem and my self-worth being restored."  
~Yvonne Grissett, US Army Veteran*



## Improve Relationships

*"I share an incredibly close relationship with my partner now."  
~Michelle Fisher, US Air Force Veteran*



## Learn Coping Skills

*"I have tools, I have knowledge, and I have strength and courage to deal with it."  
~Ron Whitcomb, US Army Veteran*



## Reduce Substance Use

*"I've kicked my alcohol, I've kicked my drugs, and this is all from the treatment."  
~Craig "Stu" Shipley, US Marine Corps Veteran*



## Reduce Anger

*"I'm able to manage and handle things a lot better... I smile a lot more."  
~Horace "Ace" Carter, US Army Veteran*



## Achieve Education and Career Goals

*"I was able to go back to college and sit in the front row and not worry about being set off."  
~ Christopher D. Goehner, US Navy Veteran*



If you have PTSD symptoms and are ready to get treatment, visit the National Center for PTSD website to learn more about PTSD and PTSD treatment: [www.ptsd.va.gov](http://www.ptsd.va.gov)  
Hear more Veteran stories at AboutFace: [www.ptsd.va.gov/aboutface](http://www.ptsd.va.gov/aboutface)



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