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

- **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 Anger**
  “I’m able to manage and handle things a lot better... I smile a lot more.”
  ~Horace “Ace” Carter, US Army Veteran

- **Improve Relationships**
  “I share an incredibly close relationship with my partner now.”
  ~Michelle Fisher, US Air Force 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

- **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)