



FOR THE PRINTER:

Location of folds and panel dimensions. For illustration purposes only — not to exact scale.

Questions? Contact Avocado Design at (802) 348 7152 or avocado@sover.net

<h2>Resources</h2> <p><b>PTSD Information</b> www.ptsd.va.gov</p> <p><b>VA PTSD Programs</b> www.va.gov/directory/guide/PTSD.asp</p> <p><b>VA Health Benefits</b> 1-877-222-8387</p> <p><b>Military OneSource</b> 1-800-342-9647</p> <p><b>Mental Health Services Locator</b> http://mentalhealth.samhsa.gov/databases/</p> <p><b>Suicide Prevention Hotline</b> <b>1-800-273-TALK (8255)</b></p>	 <p>PTSD can happen to anyone.</p> <h2>Treatment Works.</h2>  <p>www.ptsd.va.gov</p>	<h2>WHAT IS PTSD?</h2> <p><b>PTSD = Posttraumatic Stress Disorder</b></p> <p><b>PTSD is a mental health problem that can occur after you have been through a traumatic event.</b></p>
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short panel: 1-7/8 inches wide

back cover: 2 inches wide

front cover: 2 inches wide

PLEASE NOTE: The final trim size is 5.8750 inches wide x 3.5 inches high

<h2>PTSD Screen</h2> <p>Have you ever had any experience that was so frightening, horrible, or upsetting that, <b>in the past month</b>, you:</p> <ol style="list-style-type: none"><li>1. Have had <b>nightmares</b> about it or thought about it when you did not want to?</li><li>2. Tried hard not to think about it or went out of your way to <b>avoid situations</b> that reminded you of it?</li><li>3. Were constantly on <b>guard, watchful, or easily startled</b>?</li><li>4. Felt <b>numb or detached</b> from others, activities, or your surroundings?</li></ol> <p>★ <i>If you answer "yes" to any 3 items, we suggest you see a doctor for an assessment.</i></p>	<h2>Get Help Now</h2> <p>Early treatment can make a difference. Ask your provider about:</p> <ul style="list-style-type: none"><li>• Cognitive Processing Therapy</li><li>• EMDR* Therapy</li><li>• Prolonged Exposure Therapy</li><li>• Medications</li></ul> <p><b>Research shows these treatments work.</b></p> <p><small>*Eye movement desensitization and reprocessing</small></p>
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inside spread

short panel: 1-7/8 inches wide