

## Resources

### **PTSD Information**

[www.ptsd.va.gov](http://www.ptsd.va.gov)

### **VA PTSD Programs**

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

### **VA Health Benefits**

1-877-222-8387

### **Military OneSource**

1-800-342-9647

### **Mental Health Services Locator**

<http://mentalhealth.samhsa.gov/databases/>

### **Suicide Prevention Hotline 1-800-273-TALK (8255)**



PTSD can happen  
to anyone.

**Treatment Works.**



[www.ptsd.va.gov](http://www.ptsd.va.gov)

## WHAT IS PTSD?

**PTSD** = Posttraumatic  
Stress Disorder

**PTSD** 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:

1. Have had **nightmares** about it or thought about it when you did not want to?
2. Tried hard not to think about it or went out of your way to **avoid situations** that reminded you of it?
3. Were constantly on **guard, watchful, or easily startled**?
4. Felt **numb or detached** from others, activities, or your surroundings?

★ *If you answer "yes" to any 3 items, we suggest you see a doctor for an assessment.*

## Get Help Now

Early treatment can make a difference. Ask your provider about:

- Cognitive Processing Therapy
- EMDR\* Therapy
- Prolonged Exposure Therapy
- Medications

***Research shows these treatments work.***

\*Eye movement desensitization and reprocessing