



TRAUMA AND PTSD: Resources for the Public

Learn about PTSD and other reactions from all types of trauma at:

www.ptsd.va.gov

Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after you have been through a traumatic event.

FIND

UNDERSTANDING PTSD



Have you, or someone you know:

- Been through combat?
- Lived through a disaster?
- Experienced any other kind of traumatic event?

Read [Understanding PTSD \(PDF\)](#)
Includes full color photos, real stories, and more.

▶ Watch [Understanding PTSD \(Flash\)](#)

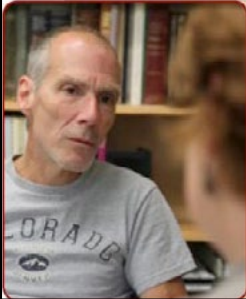


What is PTSD? This interactive module will help you learn about common reactions to trauma, hear real stories of those who have dealt with PTSD, and how to get help.

[Help with Flash](#)

FIND

UNDERSTANDING PTSD TREATMENT




Don't let PTSD get in the way of your life, hurt your relationships, or cause problems at work or school.
PTSD treatment can help.

READ
[Understanding PTSD Treatment \(PDF\)](#)

▶ WATCH
[Understanding PTSD Treatment \(Flash\)](#)
[Help with Flash](#)

FIND

AboutFace



LEARN FROM VETERANS HOW PTSD TREATMENT CAN TURN YOUR LIFE AROUND

ABOUTFACE

FIND

Return from War

Returning from the War Zone
A Guide for Families of Military Members

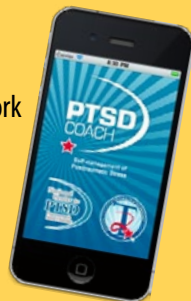


Learn what to expect when a soldier returns:

- 2 full color booklets
- Interactive module with video to help families

PTSD Coach Mobile App

- Free for iPhone and Android
- Information on PTSD and treatments that work
- Tools for screening and tracking symptoms
- Skills to handle stress symptoms
- Direct links to support and help
- Available 24/7



More mobile apps coming soon!



Sign up for the *PTSD Monthly Update*

Find Treatment

[Where to Get Help for PTSD](#)



Connect with Us

facebook



VA HEALTH CARE

Defining EXCELLENCE in the 21st Century

