



**ONE THING I'D LIKE TO  
SAY TO ALL OF YOU IS  
YOU'RE NOT CRAZY.**

I had a complete meltdown with PTSD (posttraumatic stress disorder). I thought I was losing my mind. I'd never been out of control before, and it was hard to admit I needed help, but I wanted my old self back. I've gotten that and more. I'm strong. I'm healthy. I have tools, I have knowledge, and I have strength and courage to deal with it. I'm doing just fine.

**RON WHITCOMB** SGT US ARMY 1968 - 1969 SQUAD LEADER, VIETNAM

**FACE**

PTSD TREATMENT CAN TURN YOUR LIFE AROUND.

FOR MORE INFORMATION VISIT [WWW.PTSD.VA.GOV/ABOUTFACE](http://WWW.PTSD.VA.GOV/ABOUTFACE)



National  
Center for  
**PTSD**  
Posttraumatic  
Stress Disorder



[WWW.PTSD.VA.GOV](http://WWW.PTSD.VA.GOV)