



# 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

**Other Website Topics**

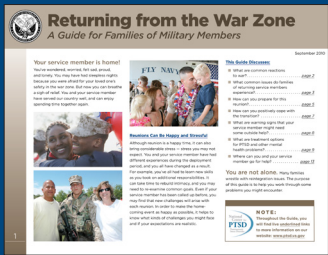
- Other Common Problems
- Types of Trauma
- Assessment
- Self Help and Coping
- Family and Friends
- Specific to Women
- PTSD Research
- Videos
- Web Links

FIND

**Return from War**


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



**Mobile site and more mobile apps coming soon!**

 **Sign up for the PTSD Monthly Update**

**Find Treatment**

[Where to Get Help for PTSD](#)



 **Connect with Us**



