



### How is PTSD treated?

- ❖ Psychotherapy
  - **Exposure therapy.** This therapy helps people face and control their fear.
  - **Cognitive restructuring.** This therapy helps people make sense of the bad memories.
- ❖ Medications
  - Antidepressants such as selective serotonin reuptake inhibitors (SSRIs) control PTSD symptoms such as sadness, worry, anger, and feeling numb inside
- ❖ Support Groups
- ❖ Self-Care

### How can I help some who had PTSD?

- ❖ Offer emotional support and encouragement.
- ❖ Learn about PTSD so that you can be more understanding.
- ❖ Listen carefully and pay attention to triggers.
- ❖ Encourage activities that will create positive distractions such as taking a walk.
- ❖ Never ignore comments about death or wanting to die. Contact the person's therapist or doctor for help or call the **National Suicide Prevention Lifeline (1-800-273-8255)** or **911** in an emergency.

### Sources

1. National Center for PTSD, U.S. Department of Veterans Affairs. What is posttraumatic stress disorder (PTSD)? [https://www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](https://www.ptsd.va.gov/understand/what/ptsd_basics.asp)
2. Post-Traumatic Stress Disorder. <https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/index.shtml>
3. Post-Traumatic Stress Disorder. <https://www.mentalhealthamerica.net/conditions/post-traumatic-stress-disorder>

### Resources

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
<http://www.suicidepreventionlifeline.org/>

National Center for Posttraumatic Stress  
Disorder (NCPTSD)  
Phone: (802) 296-5132  
<http://www.ptsd.va.gov/>

Screening for Mental Health (For  
Military)  
Phone: (781) 239-0071  
[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

Substance Abuse and Mental Health  
Services Administration (SAMHSA)  
Phone: (800)-789-2647  
<http://www.samhsa.gov/veterans-military-families>