

## Why Seek Help?

- PTSD is treatable. You do not need to suffer from the symptoms of PTSD alone.
- Early treatment is better.
- PTSD can impact your family life.
- PTSD can be associated with other health issues.
- It may not be PTSD.



## You are not alone.

Get help if you are thinking about hurting yourself.

If you need help now, call 911 or 1-800-273-TALK (8255).

## Getting Help

If you think you may have PTSD, it's important to get checked out. Here are some ways to get help:

- Get evaluated for PTSD by a psychiatrist, psychologist, or anyone trained to assess psychological problems. Or, talk with your healthcare provider.
- Contact your local VA Hospital or Vet Center.
- If you feel that your condition may improve over time, you may take a wait-and-see approach. If you get better on your own, you won't need treatment.
- Talk to a friend or family member. He or she may be able to support you and find you help.



**Please Note:** Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your healthcare provider about your need for specific health screenings.

## Resources

### US Department of Veterans Affairs

1-800-827-1000  
[www.va.gov](http://www.va.gov)

### Veterans Affairs National Center for PTSD

1-802-296-6300  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

### Veterans Affairs Facilities Locator

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

### National Institute of Mental Health

1-866-615-NIMH (6464)  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

### The Substance Abuse and Mental Health Services Administration (SAMHSA)

Find treatment services near you:  
1-800-662-HELP (4357)  
[www.samhsa.gov](http://www.samhsa.gov)

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Combat Call Center

1-877-WAR-VETS (927-8387)

### Women Veterans Hotline

1-855-VA-WOMEN (829-6636)

### Veterans Crisis Line

1-800-273-TALK (8255) Ext. 1  
Text 838255

Confidential Veterans Chat:

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### Men's Health Resource Center

[www.MensHealthResourceCenter.com](http://www.MensHealthResourceCenter.com)

### Men's Health Library

[www.MensHealthLibrary.com](http://www.MensHealthLibrary.com)

### Want to Learn More?

For more information on other health problems which affect men, consult with your healthcare provider.

### Men's Health Network

P.O. Box 75972  
Washington, DC 20013  
202-543-MHN-1  
[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org)  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

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# Take Control of PTSD A Veteran's Guide



**MHN** Men's Health Network™  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)



## What is PTSD?

Post-traumatic Stress Disorder (PTSD) is an anxiety disorder. It is caused by seeing or experiencing a traumatic event.



## How do you get it?

- Surviving a serious accident
- Surviving a terrorist attack
- An event where you thought you were going to die
- Shooting or being shot at in combat
- Other stressful events

Many people who survive events like these will feel normal after time. But, for some people, the stress from a traumatic event stays with them, and might even get worse. These people may get PTSD. PTSD can be treated.

## PTSD is Treatable

If you think you have PTSD, it might help to talk to your healthcare provider. Maybe it's hard to talk about what happened. To help, consider filling out this checklist, keep it in a private place and bring it with you to your appointment.

### I experienced or saw a traumatic event and felt extreme fear, helplessness, or horror.

The event happened on (day/month/year):

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What happened?

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### 1. I have symptoms of re-experiencing or reliving the traumatic event:

- I have bad dreams or nightmares about the event or something like it.
- I act or feel like the event was happening all over again (flashbacks).
- I have a lot of intense feelings when I am reminded of the event.
- My body responds when I am reminded of the event (for example, my heart races or pounds, I sweat, find it hard to breathe, feel faint, feel like I'm going to lose control).

## Get Help

### 2. I have symptoms of avoiding reminders of the traumatic event:

- I avoid thoughts, conversations, or feelings that remind me of the event.
- I avoid people, places, or activities that remind me of the event.
- I have trouble remembering some important part of the event.

### 3. I have noticed these symptoms since the event happened:

- I have lost interest in, or just don't do, things that used to be important to me.
- I feel detached from people; find it hard to trust people.
- I feel emotionally "numb" and find it hard to have loving feelings even toward those who are close to me.
- I have a hard time falling or staying asleep.
- I am irritable and have problems with my anger.
- I have a hard time concentrating.
- I think I may not live long and feel there's no point in planning for the future.
- I am jumpy and get startled easily.
- I am always "on guard."

## Take Control



### 4. I experience these medical or emotional problems:

- Stomach problems
- Intestinal (bowel) problems
- Gynecological (female) problems
- Weight gain or loss
- Pain, for example, in back, neck, or pelvic area
- Headaches
- Skin rashes and other skin problems
- Lack of energy; feel tired all the time
- Alcohol, drug, or other substance use problems
- Depression or feeling down
- Anxiety or worry
- Panic attacks
- Other symptoms:

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*Adapted from the National Center for PTSD*