

# The National Center for PTSD (NCPTSD) is the leading research and educational center of excellence on PTSD and traumatic stress.

## WHAT IS PTSD?




Posttraumatic stress disorder (PTSD) is a mental health concern that some people develop after experiencing or witnessing a traumatic event, like combat, a natural disaster, a car accident, or sexual assault.

There are four types of PTSD symptoms:

- 1 Reliving or re-experiencing the event
- 2 Avoidance
- 3 Hyperarousal or being on guard
- 4 Negative changes in beliefs and feelings

## HOW IS PTSD TREATED?

PTSD treatment works and can help trauma survivors live happy and productive lives. The trauma-focused psychotherapies (talk therapies) with the strongest evidence are:

-  **Prolonged Exposure (PE)**  
Teaches you to gradually approach trauma-related memories, feelings and situations that you have been avoiding since your trauma.
-  **Cognitive Processing Therapy (CPT)**  
Teaches you how to change the upsetting thoughts and feelings you have had since your trauma.
-  **Eye Movement Desensitization and Reprocessing (EMDR)**  
Helps you process and make sense of your trauma while paying attention to a back-and-forth movement or sound.

## HOW DOES THE NATIONAL CENTER FOR PTSD HELP?

- Visit the NCPTSD website to learn more about PTSD and evidence-based treatment options: [www.ptsd.va.gov](http://www.ptsd.va.gov)
- Use the PTSD Treatment Decision Aid to compare effective treatment options and get a personalized summary: [www.ptsd.va.gov/apps/decisionaid](http://www.ptsd.va.gov/apps/decisionaid)
- Visit AboutFace to hear how PTSD treatment helped Veterans turn their lives around: <https://www.ptsd.va.gov/apps/AboutFace/Index.html>
- Download free mobile apps to get self-help information and support: [www.ptsd.va.gov/appvid/mobile/index.asp](http://www.ptsd.va.gov/appvid/mobile/index.asp)
- Contact the PTSD Consultation Program to receive personalized support if you are working with Veterans who have PTSD: <https://www.ptsd.va.gov/professional/consult/index.asp>
- Download and share educational print materials: <https://www.ptsd.va.gov/publications/print/index.asp>

## HOW COMMON IS PTSD?

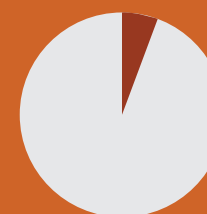
About **8 million** adults have PTSD during a given year.



About **60%** of men experience at least one trauma in their lives



About **50%** of women experience at least one trauma in their lives



**7-8%** of the population will have PTSD at some point in their lives