



PTSD

Treatment Decision Aid

THINKING ABOUT PTSD TREATMENT?

The PTSD Treatment Decision Aid can help you learn about effective treatment options for PTSD and choose the treatment that is right for *you*.

Use the PTSD Treatment
Decision Aid to:



EXPLORE

PTSD treatments



COMPARE

treatment options

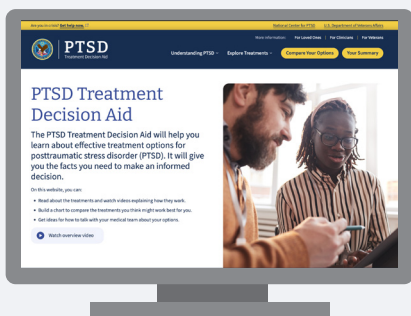


CHOOSE

the PTSD treatment
that best matches
your preferences

WHY USE THE PTSD TREATMENT DECISION AID

- Get answers to questions you have about PTSD or treatment
- Learn about effective treatment options for PTSD
- Build a chart to compare the treatments you think might work best for you
- Find resources and ideas for how to talk to your clinician about your treatment options



Find the treatment that's right for you. Get started with the PTSD Treatment Decision Aid:

ptsd.va.gov/decisionaid



U.S. Department
of Veterans Affairs

