



# 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.

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**Use the PTSD Treatment  
Decision Aid to:**

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**EXPLORE**  
PTSD treatments



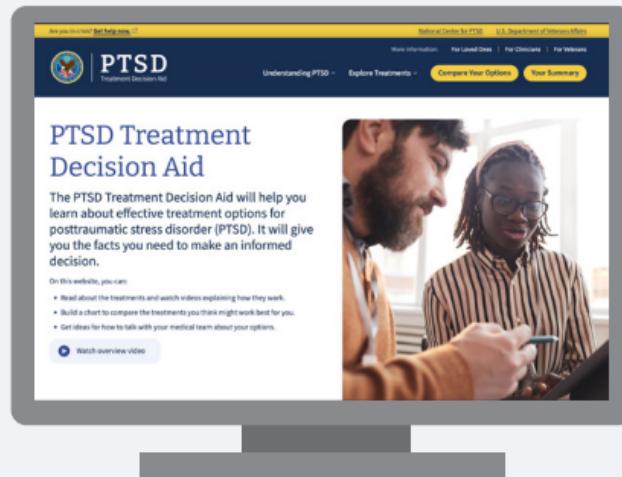
**COMPARE**  
treatment options



**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](https://ptsd.va.gov/decisionaid)



U.S. Department  
of Veterans Affairs

