

PTSD

**GET HELP FOR PTSD IF YOU NEED
HELP RIGHT AWAY:
CALL 1-800-273-8255, PRESS "1"**



**IF YOU ARE A VETERAN, CHAT ONLINE
WITH A COUNSELOR, CALL 911 OR
VISIT A LOCAL EMERGENCY ROOM,
[HTTPS://WWW.PTSD.VA.GOV/](https://www.ptsd.va.gov/)**