PTSD SELF-HELP TIPS

1. Challenge your sense of helplessness.
2. Keep moving.
3. Reach out to others for support.
4. Support PTSD treatment with a healthy lifestyle.
5. Seek professional help.

Struggling with PRSD?
Call the NAMI helpline at 1-800-950-NAMI to find a support group near you.

For more detailed information on PTSD symptoms and self-help tips click here.

If you are seeking immediate help for yourself or someone else, call or text:

The National Suicide Prevention Center
1–800–273–8255 (TALK)
Text CONNECT to 741741 or Call 911