

## 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**