

PTSD Consultation Program Partner Toolkit: Drop-in Newsletter Articles

The following two options are short newsletter articles that can be placed into print and/or e-newsletters or publications. Place one or both articles in publications that may target providers treating Veterans with PTSD.

Article 1

New Resource for Providers Treating Veterans with PTSD

Treating Veterans with PTSD can be challenging, especially in light of the many commonly co-occurring issues and variety of treatment options. If you've ever found yourself seeking out advice from colleagues or searching the internet for answers, now you have another option that's just an email or phone call away. The [National Center for PTSD's Consultation Program](#) is a new, free, one-stop resource for providers looking for answers about how to treat Veterans with PTSD.

The Consultation Program offers free consultation, continuing education, PTSD-related treatment and diagnosis information, and other resources to health professionals who treat Veterans with PTSD. Consultation is consistent with evidence-based practices for PTSD and consensus statements such as the VA/DoD Clinical Practice Guideline for PTSD.

The Center's consultants are a mix of psychologists, psychiatrists, and other mental health professionals who have an average of 17 years of experience treating clients with PTSD. Not only have they designed, implemented, and led PTSD treatment programs, but they have consulted on thousands of PTSD cases. The clinicians are available to consult on everything from your toughest cases to general questions on topics like resources, evidence-based treatment and medications.

If you have a question about treating a Veteran with PTSD, contact an expert clinician by emailing PTSDconsult@va.gov or calling (866) 948-7880. You will typically receive a response within a day. The PTSD Consultation Program is your knowledgeable, virtual colleague on all PTSD-related issues.

Article 2

4 Things You May Not Know About Treating Veterans with PTSD

There are 22 million Veterans in the United States, and approximately 3.7 million of them have PTSD. If you are one of the many providers who are currently treating Veterans with PTSD, you know that it can be challenging. These four tips serve as helpful reminders about treating Veterans with PTSD.

1. PTSD Rarely Exists Alone

Oftentimes PTSD is not the only mental health concern affecting Veterans. It is common that the Veterans you are treating may have PTSD *and* depression, substance use problems, guilt, grief, or other issues. Knowing more about how to assess and treat these commonly co-occurring concerns will help you treat your Veteran clients.



2. PTSD is Not Always Immediate

Symptoms of PTSD usually occur within three months of the traumatic incident, but sometimes they can appear years later. Even if a Veteran was deployed a while ago, they could still be experiencing symptoms of PTSD.

3. PTSD is Treatable

There are a variety of treatment options for Veterans with PTSD that can lead to recovery. There are useful resources where you can learn about different treatment options, ask questions, or find out where to get training.

4. The [National Center for PTSD's Consultation Program](#) is a Free Resource for Providers

If you have general PTSD treatment questions or are or have questions about a particular client, there is a FREE resource that connects you to expert clinicians by email or phone. Contact an expert clinician by emailing PTSDconsult@va.gov or calling (866) 948-7880. You'll talk or email with a psychologist or psychiatrist who has designed, implemented, and led PTSD treatment programs and consulted on thousands of cases. Take advantage of free continuing education and other resources at www.ptsd.va.gov/consult.