

# PTSD

## TREATMENT DECISION AID: THE CHOICE IS YOURS

### Wondering which PTSD treatment is right for you?

Use the PTSD Treatment Decision Aid to learn about and compare treatments.

### HOW DOES IT WORK?

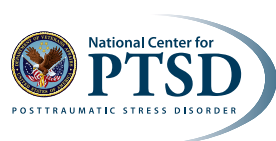
- ▶ Watch Video Interviews with Providers
- ▶ Compare the Treatments You Like Best
- ▶ Find Answers to Frequently Asked Questions
- ▶ Get a Personalized Summary

### WHO IS IT FOR?

**PATIENTS:** The Decision Aid teaches you about your options and gets you ready to work with your provider to choose the best treatment for you.

**PROVIDERS:** The Decision Aid educates your patients about evidence-based PTSD treatments. Review it together in session, or have your patients work through it at home.

***There are effective treatments for PTSD.  
You have options. The choice is yours.***



*The PTSD Treatment Decision Aid is an online tool to help you learn about effective treatments and think about which one might be best for you.*

[www.ptsd.va.gov/decisionaid](http://www.ptsd.va.gov/decisionaid)

