

WOMEN VETERANS AND PTSD

RISK FACTORS FOR PTSD IN WOMEN VETERANS:



Combat and combat-related trauma



Reintegration challenges



Intimate partner violence (IPV)



Exposure to military sexual trauma (MST), which is sexual assault or harassment during service

Explore the [Beyond MST](#) app

SYMPTOMS OF PTSD



Reliving or re-experiencing the event



Avoidance



Hyperarousal or being on guard



Negative changes in beliefs or feelings



PTSD IN WOMEN VETERANS IMPACTS WELL-BEING:



PHYSICAL

- ↓ Reproductive health
- ↑ Medical conditions



MENTAL

- ↑ Depression
- ↑ Loneliness



SOCIAL

- ↓ Relationship and family functioning
- ↓ Work or school functioning
- ↓ Connection to others

PTSD IS MORE COMMON IN WOMEN VETERANS:



13%

of women Veterans



8%

of civilian women

TREATMENT WORKS

No matter what you've experienced, there is a PTSD treatment for you.

PTSD TREATMENT
The choice is yours

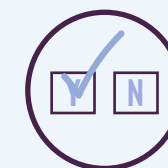
Explore treatment options:
[PTSD Treatment Decision Aid](#)

ABOUTFACE

Hear stories from women who have been there: [AboutFace](#)



Learn about and manage PTSD symptoms: [PTSD Coach](#)



If you've experienced a traumatic event, a [5 question self-screen](#) can help you decide if your feelings and behaviors may be related to PTSD.

Find VA health services for women Veterans:

- o Call the Women Veterans Call Center: 1-855-VA-Women
- o www.womenshealth.va.gov

Learn more about PTSD treatment:

www.ptsd.va.gov

VA



U.S. Department of Veterans Affairs

