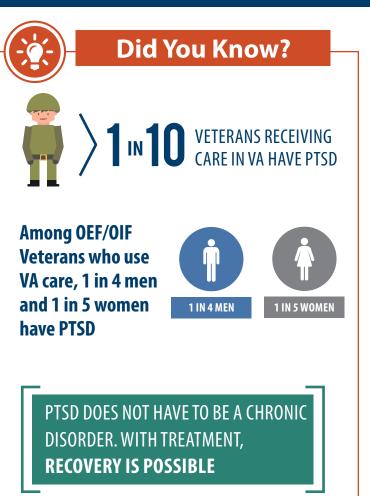


PRIMARY CARE: The Best PTSD Care Anywhere Starts with You!

Primary Care teams have an important role in treating Veterans with PTSD. Know the facts about recommended PTSD treatments to provide the best care to your patients.



TRAUMA-FOCUSED PSYCHOTHERAPIES— NOT MEDICATION—**ARE THE BEST TREATMENT OPTION**

Plan Ahead for Resistance

You can challenge common misconceptions about PTSD therapy and mental health treatment.

TIPS: STANDING UP TO STIGMA

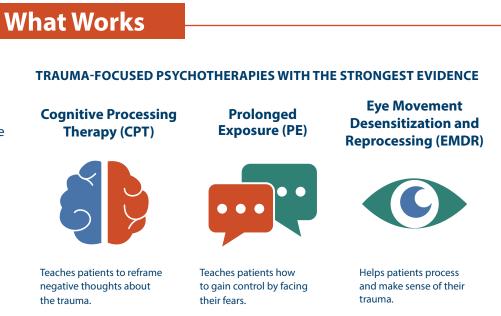
Tell your patient traumafocused psychotherapy works.

- Talk openly about mental health issues.
- Explain that untreated PTSD can impact overall health and enjoyment of life.
- Explore why a patient is declining referral.
- Be a myth-buster: Effective therapy is focused and time-limited.

WHAT ELSE CAN YOU DO?

- Think twice before you prescribe. Is medication going to prevent your patient from trying psychotherapy?
- Emphasize that with no treatment, symptoms are unlikely to get better, and may get worse.
- Start with your Primary Care Mental Health Integration team. Brief, effective treatments are available.

Connect your patients to effective PTSD treatments. When placing a consult, indicate you want your patient to receive trauma-focused psychotherapy, the first-line treatment for PTSD.



Antidepressants are Another Option

Though less effective than trauma-focused psychotherapies, antidepressant medication is another treatment option for PTSD. Prescribing medication for PTSD is the same as prescribing medication to treat depression.

Antidepressants with the strongest evidence:

Sertraline **Paroxetine** Fluoxetine Venlafaxine



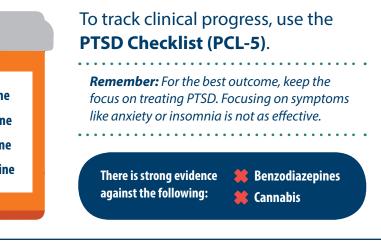
PTSD Consultation Program FOR PROVIDERS WHO TREAT VETERANS

Ask an expert about your PTSD-related questions through the PTSD Consultation Program: call (866) 948-7880 or email PTSDconsult@va.gov



Find a full list of recommended treatments in the VA/DoD 2017 PTSD Clinical Practice Guideline (CPG): www.healthguality. va.gov/guidelines/MH/ptsd/





TREATMENT DECISION AID Get Started

Help patients learn more about PTSD treatment options and choose what's best for them with the PTSD Treatment Decision Aid: www.ptsd.va.gov/apps/decisionaid/