

National Center for PTSD Resource List

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at:
www.yellowribbon.mil/cms/event-handout

Crisis/Suicidality

- Emergency Assistance by calling 911
- Emergency Room
- Suicide Prevention Lifeline: 1-800-273-8255
- Veterans Crisis Line:
 - 1-800-273-8255, press 1
 - Send a text to 838255

Finding a Therapist/Determining Type of Treatment

- [PTSD Treatment Decision aid webpage](http://www.ptsd.va.gov/apps/decisionaid) on the Veterans Affairs (VA) website at www.ptsd.va.gov/apps/decisionaid
- [Find a CBT Therapist webpage](http://www.findcbt.org/FAT) on the Association for Behavioral and Cognitive Therapies website at www.findcbt.org/FAT
- [Find a Clinician webpage](http://www.istss.org/find-a-clinician.aspx) on the International Society for Traumatic Stress Studies website at www.istss.org/find-a-clinician.aspx
- [PTSD Program Locations webpage](http://www.va.gov/directory/guide/PTSD.asp) on the VA website at www.va.gov/directory/guide/PTSD.asp

Self-Help Strategies

- [PTSD Coach App](http://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp) on the VA website at www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp
- [Coping with Traumatic Stress Reactions webpage](http://www.ptsd.va.gov/gethelp/coping_stress_reactions.asp) on the VA website at www.ptsd.va.gov/gethelp/coping_stress_reactions.asp
- [Negative Coping and PTSD webpage](http://www.ptsd.va.gov/gethelp/negative_coping.asp) on the VA website at www.ptsd.va.gov/gethelp/negative_coping.asp

Support for Friends and Family of Veterans and Service Members

- [How Do I Get Support? webpage](http://www.ptsd.va.gov/family/getsupport.asp) on the VA website at www.ptsd.va.gov/family/getsupport.asp
- [Helping Someone with PTSD webpage](http://www.helpguide.org/articles/ptsd-trauma/helping-someone-with-ptsd.htm) on the HelpGuide website at www.helpguide.org/articles/ptsd-trauma/helping-someone-with-ptsd.htm

What You Can Do

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Directions: Consider the following questions. Write down your responses to the questions in the space provided.

Some support strategies are listed below:

- Be non-judgmental, patient, and compassionate
- Give small but consistent doses of love and care
- Make yourself available to talk about what is bothering the Service member or veteran
- Get in touch with branch or VA care providers who can advise you
- Foster help-seeking by the Service member or veteran

In general, what type of support do you prefer?

1. Having a support person present, not actively involved in problem-solving
2. Having a support person proactively involved in problem-solving
3. Having a support person ready to be actively involved in problem-solving only when asked

In general, what type of support do you prefer to provide to others?

1. Being present, not actively involved in problem-solving
2. Being proactively involved in problem-solving
3. Being ready to be actively involved in problem-solving only when asked

Can you be flexible in the support you provide, depending on the type of support the other person wants? (Yes/No)

Are you able to talk with members of your social support network about what you need? (Yes/No)

Are you able to recognize when your attempts at support are not working for the person you are trying to support? (Yes/No)