



# Post-Traumatic Stress Disorder

## What are treatment options for PTSD?

### Psychotherapy

Therapy can help improve symptoms by teaching effective coping strategies for dealing with the emotional and behavioral impacts of PTSD. Cognitive behavioral therapy (CBT) is a particular type of therapy found to be the most effective in treating PTSD. CBT can help you change distressing thoughts and face feared situations that you may have been avoiding.

### Medication

Certain medications may help treat symptoms of PTSD and associated anxiety and/or insomnia. Medication may take several weeks to become fully effective, but most people will notice symptom improvement before that. Be sure to talk to your doctor about your symptoms to determine the best treatment option for you.

## What do I do if I need help now?

If you or someone you know is in crisis, get help immediately:

- Call your doctor and/or mental health professional
- Go to the nearest hospital or emergency room
- Call 911
- Call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK or (1-800-273-8255)

## Who do I contact to find out more?

Referrals for therapy and medication management can be made by physicians, mental health professionals, other allied health professionals, or from a patient or family directly. If interested, please contact us as listed below.



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