WHAT IS PTSD?

Post Traumatic Stress Disorder can occur following the experience or witnessing of a traumatic event. A traumatic event is often life-threatening such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault.

Traumatic events may create change in the survivor psychologically, biologically and socially. Multiple traumatic experiences can complicate recovery, and often increase the reluctance to seek help.

Culture, the nature of the veteran's homecoming, the war's outcome, and many other factors influence the way trauma reactions are expressed. Untreated, trauma reactions and PTSD are highly predictive of physical illness, disrupted family life, and reduced academic and career performance.

WILL TIME HEAL PTSD?

We believe that the sooner treatment is initiated, the better the outcome for long-term health.

Time alone will not make PTSD go away. The use of alcohol or drugs, risk taking behaviors and avoidance, may only increase the intensity of symptoms and delay resolution.

HOW DO I FIND A COUNSELOR?

- Call 1-800-562-2308 or 360-725-2226
- Go to www.dva.wa.gov and click on Counseling.
- Contact the Counselor in your area to schedule an appointment.

ADDITIONAL SERVICES:

- Consultation to Mental Health Providers and Centers.
- Programs and support to educators of school age children of trauma exposed parents.
- Military/Veteran culture trainings.
- Presentations to community colleges, technical schools, and universities.

VETERANS CRISIS LINE:
1-800-273-8255 (PRESS 1)

WASHINGTON STATE

PTSD COUNSELING PROGRAM

WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS

"Serving Those Who Served"

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King County | Veterans, Seniors & Human Services Levy

800-562-2308
WWW.DVA.WA.GOV

WASHINGTON STATE PTSD COUNSELING PROGRAM

Our unique, no cost, clinical out-patient program provides confidential counseling services to men and women veterans with readjustment and PTSD treatment needs.

Licensed mental health professionals in communities across the state offer a wide range of specialized treatment services, as well as linkages to other services.

Some providers are veterans and all are trained to be military and veteran culturally competent. The WDVA PTSD Program serves veterans and their family members and understands the unique challenges they have experienced.

ELIGIBILITY

- Veterans, Washington National Guard, and Reserve with an honorable characterization of service.

If there is a question about eligibility, please contact the program director for more information.

SIGNS AND SYMPTOMS

- ☐ Startle reactions to noise or movement
- ☐ Problems driving on highways
- ☐ Avoidance of crowds
- ☐ Hyper alert to threats to self or loved ones
- ☐ Sleep problems, troubling dreams, and nightmares
- ☐ Guilt, depression, anger
- ☐ Feeling emotionally numb
- ☐ Not connected to former friends and family
- ☐ Problems controlling anger
- ☐ Concentration and memory problems
- ☐ Substance abuse and self- medication
- ☐ Missing the mission and unit members
- ☐ Thoughts of self-harm or suicide

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NORMAL REACTIONS, RESILIENCY AND STIGMA

All who have experienced war, frequent deployments, and combat stress, should understand stress reactions are normal and may require time and professional support to adjust to new way of being.

Being resilient and living a full life requires courage to deal with personal problems. Some veterans make the mistake of letting the stigma of counseling control their actions, which can cause larger problems and make life more difficult. Some of our contracted counselors are also veterans and have walked in your shoes. They can be a guide on your journey of Post-Traumatic Growth.

800-562-2308 WWW.DVA.WA.GOV