



# Post Traumatic Stress Disorder (PTSD)

## Tools and Resources

There are a variety of tools and resources available for people who are struggling with Post Traumatic Stress Disorder (PTSD) or know someone who is. Listed below are some helpful resources related to PTSD.

Who/Group	Organization	Resources
Veterans	Help Guide	<a href="#">PTSD Resources</a>
Veterans	Help Guide	<a href="#">Emotional self-help toolkit</a>
Veterans	National Center for PTSD	<a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a>
Veterans	National Center for PTSD	Mobile App – PTSD Coach The PTSD Coach app can help you learn about and manage symptoms that commonly occur after trauma. <a href="#">Click here</a> for more information about this app and where you can download it.
Children and Teens	National Alliance of Mental Illness	<a href="#">Helping children and teens cope with trauma</a>
Children and Teens	National Child Trauma Stress Network	<a href="#">Traumatic events</a>
Children and Teens	Sesame Street	<a href="#">Confronting children in a disaster</a>
Trauma Organizations	American Psychology Organization	<a href="http://www.apa.org">www.apa.org</a>
Trauma Organizations	American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
Trauma Organizations	Anxiety and Depression Association of America	<a href="http://www.adaa.org">www.adaa.org</a>
Trauma Organizations	National Centers for Victims of Crimes	<a href="http://www.victimsofcrimes.org">www.victimsofcrimes.org</a>
Trauma Organization	United States 211 Information and Referral System	<a href="http://www.211.org">www.211.org</a>



Employee Assistance Program

*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)

