

PTSD Resources

National Center for PTSD: US Department of Veterans Affairs

<https://www.ptsd.va.gov/index.asp>

American Psychological Association (APA)

<https://www.apa.org/ptsd-guideline/patients-and-families>

National Alliance of Mental Illness (NAMI)

<https://namica.org/illnesses/ptsd/>

PTSD Alliance

<http://www.ptsdalliance.org/help/>

Granite Recovery Centers

<https://www.graniterecoverycenters.com/treatment-program/mental-health/ptsd/>

National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>

Anxiety and Depression Association of America

<https://adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd/resources>

Martins Point Health Care

<https://martinspoint.org/For-Members-and-Patients/Health-and-Wellness/Mental-Health#>

Medical News Today (support group and resources)

<https://www.medicalnewstoday.com/articles/ptsd-support>



This is not a complete list but a place to start.