

Take this quick 4 question PC-PTSD assessment to see if you might have posttraumatic stress disorder (PTSD).

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:

1. Have had nightmares about it or thought about it when you did not want to? YES / NO
 2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it? YES / NO
 3. Were constantly on guard, watchful, or easily startled? YES / NO
 4. Felt numb or detached from others, activities, or your surroundings? YES / NO
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If you answered “Yes” to three or more questions, you might have PTSD.

Fortunately, there is treatment that works to cure PTSD.

For more information on treatment options for PTSD,
please call for a free consultation.

**Trauma & Disabilities Specialist
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