



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:*

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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.***

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

**Trauma & Disabilities Specialist**  
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