Do you have symptoms of PTSD?

Are you a Veteran with symptoms of Post-Traumatic Stress Disorder?
(e.g., re-experiencing a traumatic event, avoiding stressful situations, negative feelings, sleep problems, unable to relax)

You may be eligible to participate in a non-drug study involving a group-based breathing meditation treatment or a well established one-on-one talk therapy.

www.warrelatedillness.va.gov/ptsd

Contact our Study Team at:
(650) 785-6661