
About.com: Post Traumatic Stress (PTSD)

PTSD Resources on the Web

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There are a number of excellent PTSD resources available on the web. If you are struggling with PTSD, you may have many questions about the disorder but not really know where to go to get answers. The web can be a great place to find information on PTSD. Of course, in seeking out this information, you have to be careful because the web is also filled with a lot of bad information. Therefore, the goal of this article is to provide information on PTSD-focused sites that provide up-to-date and helpful information for people who are looking for ways of understanding and coping with the diagnosis of PTSD.

- [The National Center for PTSD](#)¹

The website for the National Center for PTSD (NCPTSD) is a valuable resource for veterans suffering from PTSD and their families. The website provides information on PTSD in general, as well as information that is applicable specifically to veterans. Resources for family members coping with a loved one's PTSD are also provided.

- [The National Institutes of Mental Health](#)²

The National Institutes of Mental Health of the National Institute of Health provides an overview of PTSD (and other mental disorders), as well as helpful information on how to find mental health professionals who treat PTSD in your area. The website also provides descriptions of ground-breaking studies on a number of mental health topics.

- [The National Alliance on Mental Illness](#)³

The National Alliance on Mental Illness (NAMI) provides support, education, referrals, and advocacy for individuals suffering from severe mental illness, including PTSD. NAMI is nation-wide, with organizations in all 50 states, as well as Puerto Rico and District of Columbia. There are also over a thousand local affiliates across the nation.

- [International Society for Traumatic Stress Studies](#)⁴

The International Society for Traumatic Stress Studies (ISTSS) provides some excellent information on all aspects of trauma and PTSD, as well as links to other non-profit organizations and foundations that focus on trauma and PTSD.

- [The Anxiety Disorders Association of America](#)⁵

The website for the Anxiety Disorder Association of America (ADAA) provides information on all anxiety disorders, including PTSD. The website also provides links to therapists across the United States who specialize in the treatment of anxiety disorders and PTSD specifically. Lists of anxiety disorder support groups being offered across the United States are also provided.

- [Rape, Abuse, and Incest National Network](#)⁶

The Rape, Abuse & Incest National Network (RAINN) describes itself as "the nation's largest anti-sexual assault organization." The RAINN website offers many helpful resources for victims of sexual assault, including operation of the National Sexual Assault Hotline and the organization of programs to prevent sexual assault.

- [National Sexual Violence Resource Center](#)⁷

The National Sexual Violence Resource Center (NSVRC) is an excellent resource for victims of sexual violence. It provides important and helpful information of all types on sexual violence.

- [National Child Traumatic Stress Network](#)⁸

The National Child Traumatic Stress Network (NCTSN) provides a wealth of useful information on traumatic stress in children. Their website provides information on a number of different types of traumatic events children may be exposed to, available resources for traumatized children across the country, and helpful tips for educators and families on coping with childhood traumatic stress.

- [The Real Warriors Campaign](#)⁹

The Real Warriors Campaign website provides a wealth of excellent and helpful information for veterans and their families. You can learn more about this very important website in this article.

- [The Wounded Warriors Project](#)¹⁰

The Wounded Warriors Project is a nonprofit organization with the stated mission of "To raise the awareness and enlist the public's aid for the needs of severely injured service men and women, to help severely injured service members aid and assist each other, and to provide unique, direct programs and services to meet their needs."

- [Healing Combat Trauma](#)¹¹

This website provides excellent resources for and about healing combat-related trauma. The focus of the website is on providing effective medical, psychological, and legal care.

- [Gift From Within](#)¹²

Gift From Within is a nonprofit organization for people suffering from PTSD and their families. Their website provides a number of helpful resources, including links to an international network of survivors willing to provide peer support.

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Links in this article:

1. <http://www.ncptsd.va.gov/ncmain/index.jsp>
2. <http://www.nimh.nih.gov/index.shtml>
3. <http://www.nami.org/>
4. <http://www.istss.org/index.cfm>
5. <http://www.adaa.org/>
6. <http://www.rainn.org/>
7. <http://www.nsvrc.org/>
8. http://www.nctsn.org/nccts/nav.do?pid=hom_main
9. <http://ptsd.about.com/od/additionalresources/qt/realwarriors.htm>
10. <http://www.woundedwarriorproject.org/>
11. <http://www.healingcombattrauma.com/>
12. <http://www.giftfromwithin.org/>