Understanding, coping with and healing from
Post-Traumatic Stress Disorder

The Center for Veterans and Their Families at Rush

ROAD HOME PROGRAM
Post-Traumatic Stress Disorder

When you experience something traumatic – such as combat, an assault, a terrorist attack or a serious accident – you are often left feeling powerless and scared. That’s when post-traumatic stress disorder (PTSD) starts taking over your life.

You are not alone. The Road Home Program can help you face what you’ve been through.

Signs that you may have PTSD

- Avoiding activities you used to enjoy
- Avoiding situations that remind you of the attack or other trauma, such as not driving or staying away from crowds
- Feeling anxious, hyper-alert or constantly looking out for danger
- Feeling guilty or ashamed
- Reliving the event through bad memories, flashbacks or nightmares

How the Road Home Program can help you

PTSD is treatable. Here, you’ll get well-rounded support and care. Some possibilities for your treatment include the following:

- Family and couples counseling
- Medication management
- Talk therapy
- Support groups

Starting to heal

Through Road Home Program you’ll:

- Explore your thoughts and feelings about what you’ve been through
- Work through feelings of guilt, blame and mistrust
- Learn how to cope with and control your memories
- Address the challenges PTSD has caused in your personal and professional life
- Meet other veterans who have been through similar experiences
- Find support from fellow veterans and dedicated health care professionals

Make an appointment with the Road Home Program

To make an appointment, call (312) 942-8387 or email us at team@roadhomeprogram.org. We are located at 1645 W. Jackson Blvd., Suite 602 Chicago, IL 60612.

RUSH

Rush is a not-for-profit health care, education and research enterprise comprising Rush University Medical Center, Rush University, Rush Oak Park Hospital and Rush Health.