

TREATING PTSD-INDUCED ALCOHOL ABUSE

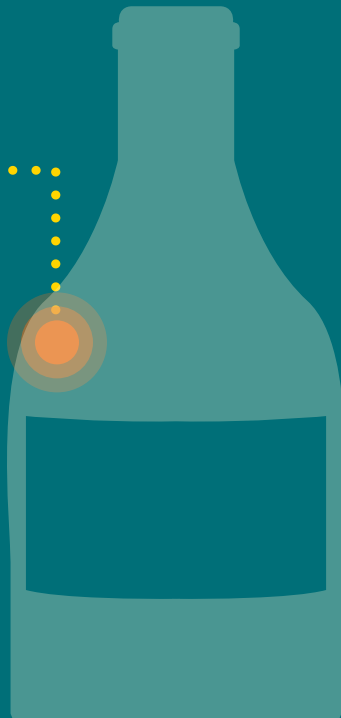
How to Help Someone with PTSD



1

Recognize and acknowledge the problem

A common symptom of PTSD-induced alcohol abuse is using alcohol to fall asleep through the night



2

Check in to the VA

Not only is the VA one of the best solutions for handling veteran substance abuse issues, but it also is absolutely free.

<https://www.mentalhealth.va.gov/substance-abuse/index.asp>



3

Get therapy

The VA will recommend various forms of therapy and classes to help you understand, cope, and recover from your addiction.



4

Be accountable

Keep an open mind and attend whatever group or workshop the VA suggests. Ultimately, you're the only one who can ensure your own success.

