



HEROIC
HEARTS
PROJECT

Helping veterans with PTSD access
psychedelic programs

PTSD CHECKLIST

Do you have any of these common symptoms of PTSD?

If you do have symptoms, contact the Veteran Crisis Line at 988.

- Vivid flashbacks of traumatic events
- Nightmares and/or insomnia
- Self-isolation (avoiding people, including family and friends)
- Depression (half of people with PTSD are also depressed)
- Substance abuse (40% use drugs and alcohol for temporary relief)
- Avoiding feelings or “feeling numb” and unresponsive
- Hyper-vigilance or always on alert
- Memory loss
- Difficulty concentrating or thinking
- Negative point of view and hopelessness
- Triggers or reminders of your trauma create instant panic or stress
- Pain, headaches, sweating, nausea
- Difficulty showing affection to others
- Difficulty controlling anger
- Trouble maintaining personal or work relationships
- Suicidal thoughts or fantasies.

If you have even occasional suicidal thoughts, call the confidential suicide prevention veteran hotline immediately at 988, then press 1.

For more information about PTSD or Heroic Hearts Project Psychedelic Programs for veterans, visit heroicheartsproject.org/veteran-programs.