

## Self-Help Guides: Post Traumatic Stress

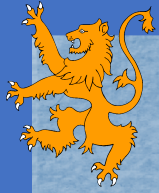


[Click here](#) to work through a self help guide for PTSD based on trauma focused cognitive therapy.

[Click here](#) for a NHS self help guide for Post traumatic stress







## Self-Help Guides: Post Traumatic Stress

**YOUNGmINDS**  
fighting for young people's mental health

[Click here](#) to find out what PTSD is on the Young Minds Website

 **mind**

[Click here](#) to learn more and understand PTSD on the Mind Website