**Online Resources & Books**

**Online Forums -** There are many forums and support groups online that engage individuals and families who are recovering from trauma or suffering from PTSD. Here are a few that might be useful:

* <https://www.myptsd.com/> – Hundreds of forums and thousands of users to connect with.
* <https://www.va.gov/directory/guide/PTSD.asp>  – Program locator for combat veterans, free regardless of enrollment status.

**Blogs -** While PTSD is often associated with military service, it can surface following any number of traumatic events. In conjunction with a solid support system and good medical care, the following blogs may provide additional perspective and coping mechanisms for dealing with and healing from PTSD:

For veterans

1. [Healing Combat Trauma](http://www.healingcombattrauma.com/) is designed for veterans but will be useful for anyone suffering from PTSD.
2. [The Wounded Times](http://www.combatptsdwoundedtimes.org/) is dedicated to combat veterans suffering from PTSD, and publishes contributions from around the globe.
3. [The Family of a Vet](http://blog.familyofavet.com/) addresses the confluence of PTSD and TBIs (traumatic brain injuries), and is written by veterans in conjunction with their family and close friends.

For veterans and non-veterans

1. [PTSD Survival](http://ptsdsurvival.blogspot.co.za/) is written by a PTSD survivor who advocates for self-care and offers strategies for reclaiming your life after trauma.
2. [Heal My PTSD](http://www.healmyptsd.com/) offers advice and strategies for dealing with the symptoms associated with PTSD and includes many personal stories from PTSD survivors.
3. [The Center for Mind-Body Medicine](https://cmbm.org/) publishes contributions from dozens of experts in several fields including medicine, nutrition, and self-care, and offers a holistic approach to treating PTSD.

**Twitter Accounts -** Twitter can be an excellent resource for connecting with people around the world. Here are a few twitter accounts that address PTSD from perspectives of healing and education:

* [@HealingCPTSD](https://twitter.com/HealingCPTSD)
* [@PTSDEducation](https://twitter.com/PTSDEducation)
* [@VA\_PTSD\_Info](https://twitter.com/VA_PTSD_Info)
* [@WoundedTimes](https://twitter.com/WoundedTimes)

**Books -** For many individuals suffering from PTSD, working through their trauma is first step towards healing.

1. [The PTSD Workbook](https://www.amazon.com/PTSD-Workbook-Effective-Techniques-Overcoming/dp/1626253706) was written by specialists in complex trauma and is critically acclaimed.
2. [The Complex PTSD Workbook](https://www.amazon.com/Complex-PTSD-Workbook-Mind-Body-Regaining/dp/1623158249/ref%3Dsr_1_4?s=books&ie=UTF8&qid=1502304583&sr=1-4&keywords=PTSD) is another option for those suffering from Complex PTSD
3. [The Body Keeps Score](https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref%3Dsr_1_3?s=books&ie=UTF8&qid=1502304583&sr=1-3&keywords=PTSD) has over one thousand five star reviews on Amazon and is the #1 seller in several categories of mental health scholarship, including PTSD, Psychopathology, and Psychiatry.