



NeuRA

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POST-TRAUMATIC STRESS DISORDER Factsheet

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How are pathways to care relevant to people with PTSD?

The help-seeking efforts made by an individual and their families when symptoms of PTSD are apparent, and the clinical services made available as a result of these efforts, are collectively known as 'pathways to care'. Pathways to care can also encompass service structures that have not been actively sought by the individual.

What is the evidence for pathways to care?

Moderate to low quality evidence found the most commonly reported facilitators to initiation of evidence-based interventions for PTSD were flexibility of manualised approaches, less fear of increasing client distress, less problems working with comorbidities, and more training and support for clinicians.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate