## Is PTSD impacting your relationship?





## What is Couple HOPES?

Couple HOPES is an evidence based, 8-week online intervention for couples, designed to **improve PTSD Symptoms and enhance relationship satisfaction.** 

## What is involved?

- FREE immediate or delayed access to Couple HOPES
- Completion of a monthly survey.
- Interview regarding your experience (optional)

## Can I get involved?

First responders with symptoms of PTSD and their intimate partner may be eligible.

Find out more: http://couplehopes.med.monash.edu



