

compensation for PTSD

If you have posttraumatic stress from a traumatic event you experienced during your service, you may be eligible for VA disability compensation for posttraumatic stress disorder (PTSD). Compensation provides tax-free monthly payments. Keep reading to find out if you may be eligible. [Learn more about PTSD \(https://www.ptsd.va.gov/\)](https://www.ptsd.va.gov/).

How do I talk to someone right now?

[Find out how to get support anytime, day or night. ▾](#)

Am I eligible for VA disability compensation?

You may be eligible for disability compensation if you have symptoms related to a traumatic event (the “stressor”) or your experience with the stressor is related to the PTSD symptoms, and you meet both of these requirements.

Both of these must be true:

- The stressor happened during your service, **and**
- A doctor has diagnosed you with PTSD

Note: If you get a disability rating, you may also be eligible for VA health care and other benefits.

[Learn what the PACT Act means for your VA benefits >](#)



What does VA consider to be a traumatic event?

We consider any of these to be a traumatic event:

- You suffered a serious injury, personal or sexual trauma, or sexual violation,
or
- Someone or something threatened you with injury, sexual assault, or death

How do I file a claim for compensation?

You can file a claim online now. You can also file by mail, in person, or with the help of a trained professional.



[File for disability compensation online](https://www.va.gov/disability/file-disability-claim-form-21-526ez/)

[\(https://www.va.gov/disability/file-disability-claim-form-21-526ez/\)](https://www.va.gov/disability/file-disability-claim-form-21-526ez/)

[Learn about other ways to file a disability compensation claim](https://www.va.gov/disability/how-to-file-claim/)

[\(https://www.va.gov/disability/how-to-file-claim\)](https://www.va.gov/disability/how-to-file-claim/)

Note: In our screening process, we'll focus on understanding your PTSD to help determine your eligibility for disability benefits. We won't offer you treatment during this process.

Additional forms you'll need to submit

When you file a disability compensation claim, you'll also need to fill out one of these additional forms:

- A Statement in Support of Claim for Service Connection for PTSD (VA Form 21-0781). [Get VA Form 21-0781 to download \(https://www.va.gov/find-forms/about-form-21-0781\)](https://www.va.gov/find-forms/about-form-21-0781)
- or**
- A Statement in Support of Claim for Service Connection for PTSD Secondary to Personal Assault (VA Form 21-0781a). [Get VA Form 21-0781a to download](#)

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Other helpful information

How to access VA services for PTSD

(<https://www.va.gov/health-care/health-needs-conditions/mental-health/ptsd#how-do-i-access-va-services-fo>)

Access our services for PTSD.

VA PTSD programs

(<https://www.mentalhealth.va.gov/ptsd/index.asp>)

Find out about our PTSD programs and treatment options.

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