

EMAIL EXAMPLE #2



To:

Subject: [Month 2] 2021: Invisible Wounds // Signs and Symptoms

Text: The Air Force and Space Force missions are demanding. Airmen and Guardians are highly trained to identify physical danger but may not always identify mental stressors in themselves or others. Airmen and Guardians need to understand the risk of developing an invisible wound and the impact of an invisible wound on an Airman or Guardian’s personal and professional life. An Airman or Guardian should be able to recognize signs and symptoms of invisible wounds in themselves and in their peers, and know about available resources to support Airmen or Guardians living with an invisible wound and their path to recovery—to ensure a mentally strong, resilient, and lethal Total Force.

Invisible Wounds Resources: If you or a fellow Airman or Guardian are experiencing signs and symptoms of invisible wounds, there are a variety of resources available to support recovery, including on-base chaplain services, Military and Family Life Counseling (MFLC) Program, the Director of Psychological Health (DPH), and Military Treatment Facility (MTF), and more.

To learn more about invisible wounds and available resources available to you and your fellow Airmen and Guardians visit www.MissionReadyForce.com.

INVISIBLE WOUNDS. KNOW THE FACTS. TAKE ACTION. POSITIVE RESULTS.

An invisible wound is a negative, emotional, or behavioral response that occurs in response to a traumatic event. It is not always obvious and can be difficult to identify. It is often caused by a traumatic event, such as a deployment, a loss, or a stressful situation. It can be caused by a traumatic event, such as a deployment, a loss, or a stressful situation. It can be caused by a traumatic event, such as a deployment, a loss, or a stressful situation.

COMMON CAUSES
An invisible wound can occur from a single traumatic event or a series of events, including combat and non-combat experiences.

- Hostage experience
- Physical and emotional abuse
- Combat exposure
- Serious accidents
- Civilian or military violence
- Sexual assault

IMPACT
Invisible wounds are not just mental or physical wounds. Unresolved invisible wounds can have negative impacts on your life.

PERSONAL LIFE

- Frustration or mood problems
- Difficulty building trust
- Withdrawal or disengagement from family and friends
- Decreased overall quality of life

PROFESSIONAL LIFE

- Compromised ability of your fellow Airmen or Guardians
- Failure to complete mission or other
- Incomplete tasks
- Poor work relationships

SIGNS AND SYMPTOMS
Signs and symptoms may not appear immediately, sometimes emerging years after the incident.

- Trouble sleeping, excessive fatigue, or difficulty waking
- Change in appetite
- Irritability, frustration, anger, or mood swings
- Headaches, migraines, or dizziness
- Excessive sweating or a racing heart
- Difficulty concentrating
- Flashbacks
- Avoidance of situations or people that remind you of the incident
- Feeling disconnected from others
- Trouble with memory
- Irritability
- Excessive anger or aggression
- Trouble concentrating
- Avoidance of situations or people that remind you of the incident

Learn more about invisible wounds and resources at www.MissionReadyForce.com

INVISIBLE WOUNDS. KNOW THE RESOURCES.

94% of Airmen who have received PTSD treatment continued to improve in their lives.

TALK TO SOMEONE

Trusted Advisors
Commanders and their staff, family members, fellow Airmen, and other trusted advisors can help you get the support you need through challenging times.

Chaplains
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

Military and Family Life Counseling (MFLC) Program
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

Military OneSource
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

SEEK MEDICAL SUPPORT

Military Treatment Facility (MTF)
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

Behavioral Health Operations Program (BHOP)
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

Behavioral Health Clinic
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

Director of Psychological Health (DPH)
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.

EMERGENCIES

Military Crisis Line
Our best-qualified spiritual leaders support the faith of our Airmen and Guardians. They provide spiritual support and guidance, including religious services, and help you find meaning and purpose in your life. They are available to you at any time and in any location.