

### EMAIL EXAMPLE #3



**To:**

**Subject:** [Month 3] 2021: Invisible Wounds and Available Resources

**Text:** What is an Invisible Wound? An invisible wound is a cognitive, emotional, or behavioral condition that can be associated with trauma or serious adverse life events. Examples of possible diagnoses are major depressive disorder, post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

If you have ever experienced or witnessed a traumatic incident, you could be at risk for developing an invisible wound. Invisible wounds can be caused by several traumatic events, including:

- Death of a loved one or friend
- Blows to the head
- Combat exposure
- Blast exposure
- Serious accidents
- Sexual assault
- Physical or emotional abuse

Invisible wounds have negative impacts and can interfere with both personal and professional life. Failure to complete missions on time, poor work relationships and incomplete tasks are a few examples of how an invisible wound can affect your professional life. Invisible wounds may also impact an Airman or Guardian's relationship with family and friends, resulting in withdrawal, detachment, or difficulty building trust. Airmen and Guardians with invisible wounds are not in the fight alone.

**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](http://www.MissionReadyForce.com).