

PTSD: KNOW THE SIGNS. TAKE ACTION.

What is PTSD? Post-traumatic stress disorder is a mental health condition that some people develop after experiencing or witnessing a traumatic event such as combat, a natural disaster, a car accident, or sexual assault.¹

PTSD By the Numbers

8 MILLION

About 8 million people in the United States currently **live with PTSD**.²











94% of Airmen who **received PTSD treatment continued to progress in their career**.³

2.5x

Women are **2.5x more likely** to develop PTSD than men.⁴

Signs & Symptoms

-  Flashbacks
-  Irritable, frustrated, angry
-  Trouble with memory and attention
-  Fatigue
-  Poor self-care
-  Feeling anxious
-  Trouble sleeping, insomnia
-  Feeling depressed

Evidence-Based Treatments for



Many proven PTSD treatments are available, such as:

- Prolonged Exposure Therapy (PE)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Stress Inoculation Training
- Treatment with specific medications effective in PTSD

Where To Get Help

A variety of resources are available to service members and their families. If you are experiencing a crisis, seek immediate help, contact the Military Crisis Line at 800-273-8255 then press 1, or dial 911.



Trusted Advocates

Communicate with those you trust. Family members, fellow peers, and Command Leadership are there for support through challenging times.



Chaplains

On-base services for all Airmen and Guardians, regardless of religious beliefs. Contact the unit chaplain or after duty hours, contact the Command Post and request the duty chaplain.



Military Treatment Facility (MTF)

On-base facilities that offer short- and long-term medical treatment options. Contact the local MTF to schedule an appointment.



Military OneSource

Provides health and wellness resources and 24/7 confidential help.
 ☎ 800-342-9647
 💻 Chat online at www.livechat.militaryonesourceconnect.org/chat



Military and Family Life Counseling (MFLC) Program

Located on-base at A&FRC and offers short-term counseling to service members and their families for various life skills. MFLC does not provide medical treatment. Contact the local A&FRC to use MFLC services.



National Center for PTSD

Information resource within U.S. Veteran Affairs and the world's leading research and educational center of excellence on PTSD and traumatic stress.
 💻 www.ptsd.va.gov



Military Crisis Hotline

Connects service members and families in crisis with trained counselors 24/7.
 ☎ 800-273-8255, then press 1 | 💻 Text 838255
 💻 Chat online at www.veteranscrisisline.net/get-help/military-crisis-line



Vet Centers

Offers confidential social and counseling services for service members and families.
 ☎ 877-927-8387 | 💻 www.vetcenter.va.gov



[WWW.READYAIRMEN.COM](http://www.readyairmen.com)

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

1 - U.S. Department of Veteran Affairs. PTSD Basics. (2019). https://www.ptsd.va.gov/understand/what/ptsd_basics.asp
 2 - National Center for PTSD. Help Raise PTSD Awareness. (2019). <https://www.ptsd.va.gov/understand/awareness/index.asp>
 3 - U.S. Air Force School of Aerospace Medicine. USAF Public Health Report. Vol 3, Issue 1. (2018).
 4 - U.S. Department of Veteran Affairs. How Common is PTSD in Women?. (2019). https://www.ptsd.va.gov/understand/common/common_women.asp