# INVISIBLE WOUNDS.

KNOW THE FACTS. TAKE ACTION. POSITIVE RESULTS.

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).

### **COMMON CAUSES**

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

- Blast exposure
- · Blow to the head
- Death
- Physical and emotional abuse
- Combat exposure
- Serious accident
- Sudden or extended isolation
- Sexual assault



### **IMPACT**

Invisible wounds are as real and severe as physical wounds. Untreated invisible wounds can have negative.



#### **PERSONAL LIFE**

- Relationship or marital problems
- Difficulty building trust
- Withdrawal or detachment from family and friends
- Decreased overall quality of life



### **PROFESSIONAL LIFE**

- Compromised safety of your fellow Airmen or Guardians
- Failure to complete missions on time
- Incomplete tasks
- Poor work relationships

### **SIGNS AND SYMPTOMS**

Signs and symptoms can appear right after an incident, or may emerge years later.



Trouble sleeping, insomnia



Chronic pain



Irritable, frustrated, angry



Headaches, migraines



Sensitivity to light and sound



**Fatigue** 



Poor self-care



Feeling anxious



Flashbacks



Feeling depressed



Trouble with memory and attention



Constant negative tone



Avoidance, detachment

### WHERE TO GET HELP



## Trusted Advocates

ou 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.



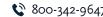
#### Military Treatment Facility (MTF)

On-base facilities that offer short- and long-term medical treatment.



#### Military OneSource

Provides health and wellness resources and 24/7 confidential help.



www.livechat.militaryonesourceconnect.org/chat



### Military and Family Life Counseling (MFLC) Program On-base at A&FRC and offers short-term counseling to service members and

their families.



Military Crisis Hotline
Connects service members and Connects service members and families in crisis with trained counselors 24/7.

800-273-8255, then press 1 | 📮 Text 838255

www.veteranscrisisline.net/get-help/military-crisis-line



#### **Vet Centers**

Offers confidential social and counseling services for service members

🖎 877-927-8387 | 🖵 <u>www.vetcenter.va.gov</u>



**Director of Psychological Health (DPH)**Provides short-term counseling and resources to ARC Airmen and Guardians.







