

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**
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.
- 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.
☎ 800-342-9647
💻 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 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 and families.
☎ 877-927-8387 | 💻 www.vetcenter.va.gov
- Director of Psychological Health (DPH)**
Provides short-term counseling and resources to ARC Airmen and Guardians.



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



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