

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 impacts on your life.



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 may not appear immediately, sometimes emerging years after an incident.



Trouble sleeping, insomnia
Difficulty falling and staying asleep



Chronic pain
Persistent pain that interferes with daily activities



Irritable, frustrated, angry
Feelings of frustration or anger over ordinary matters



Headaches, migraines
A painful sensation in any part of the head, ranging from dull to sharp



Sensitivity to light and sound
Discomfort or pain caused by sources of light and sound



Fatigue
A lack of physical and/or mental energy and motivation



Poor self-care
A negative change in level of personal care; engaging in risky or self-destructive behavior



Feeling anxious
Excessive worry, nervousness, or restlessness



Flashbacks
Feeling drawn back into the traumatic experience



Feeling depressed
Severe sadness, hopelessness, or a loss of interest in activities



Trouble with memory and attention
Trouble focusing; difficulty remembering; mental fog



Constant negative tone
Persistent expression of negative thoughts or feelings



Avoidance, detachment
Withdrawal from relationships and activities; avoiding reminders of trauma

INVISIBLE WOUNDS. KNOW THE RESOURCES.

94%

Many Airmen and Guardians believe that seeking mental health treatment could hurt their career, but the opposite is usually true.

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

TALK TO SOMEONE



Chaplains

On-base chaplain services provide support for Airmen, Guardians, and families including short- and long-term confidential counseling, religious and personal support, and spiritual resilience guidance. Duty chaplains are available 24/7 and can guide service members to additional care resources and are available as support regardless of religious beliefs.



Military and Family Life Counseling (MFLC) Program

Located in the Airman & Family Readiness Center (A&FRC) offering solution-focused, short-term counseling to Airmen, Guardians, and families for various life skills including anger management, deployment stress, and more.



Military OneSource

A DoD resource that provides health and wellness resources and 24/7 confidential help, including specialized peer support groups and counseling services. Military OneSource offers counseling in-person and by telephone, secure chat, or secure video session.

☎ Call 800-342-9647

💻 Chat online at www.militaryonesource.mil



Vet Centers

Community-based facilities that provide a range of social and psychological services for service members, veterans, and families. Services include individual and group counseling for PTSD, suicide prevention, screening and referrals for TBI, and more. Vet Centers are separate from Veterans Affairs sites (health and benefit offices) and all counseling is confidential. The Vet Center Call Center is available 24/7.

☎ Call 877-927-8387

💻 Visit www.vetcenter.va.gov to learn more about eligibility requirements and find your local Vet Center



Trusted Advocates

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

SEEK MEDICAL SUPPORT



Military Treatment Facility (MTF)

On-base facilities offering short- and long-term medical treatment options for direct health and wellness care for Airmen and Guardians. These programs are available to ARC Airmen and Guardians when on active duty orders, approved Line of Duty, or in any emergency situation.

► Primary Care Behavioral Health (PCBH)

Integrates behavioral health personnel within primary care clinics and serves as an entry point for Airmen and Guardians to traditional mental health appointments and other services. Appointments last 20-30 minutes and patients receive same-day intervention to help with depression, stress, anxiety, anger, sleep problems, and more. Call the central appointments number at the nearest MTF to schedule an appointment.

► Mental Health Clinic

Mental health clinics offer a variety of support services to Airmen, Guardians, and families including individual counseling, group therapy, relaxation interventions, traumatic stress response, psychological testing, and medication management (where available). Call or walk in to the local mental health clinic to schedule an appointment.



Director of Psychological Health (DPH)

The DPH provides individualized short-term, solution-focused counseling and refers or connects Airmen and Guardians to other Department of the Air Force resources for short- and long-term medical or non-medical treatment. The DPH is only available to ARC Airmen and Guardians.

EMERGENCIES

CALL 911 or go to the nearest emergency room



Military Crisis Line

The 24/7 hotline offers confidential, immediate help and connects military service members and their families who are experiencing a crisis with trained counselors.

☎ Call 800-273-8255, then press 1 | 📱 Text 838255

💻 Chat via www.militarycrisisline.net/chat