



# INVISIBLE WOUNDS.

## KNOW YOUR RESOURCES. TAKE ACTION. POSITIVE RESULTS.

### TALK TO SOMEONE



**TRUSTED ADVOCATES**



**MILITARY ONESOURCE**



**CHAPLAINS**



**VET CENTERS**



**MILITARY AND FAMILY LIFE COUNSELING PROGRAM**

### SEEK MEDICAL SUPPORT



**MILITARY TREATMENT FACILITY**

Available to ARC Airmen and Guardians when on duty orders, approved Line of Duty or any emergency situation.



**DIRECTOR OF PSYCHOLOGICAL HEALTH**

The DPH is the recommended resource for ARC service members. This resource is only available for ARC Airmen and Guardians.

### EMERGENCIES



**CALL 911 OR GO TO NEAREST EMERGENCY ROOM**



**MILITARY CRISIS LINE**



[WWW.MISSIONREADYFORCE.COM](http://WWW.MISSIONREADYFORCE.COM)



# INVISIBLE WOUNDS.

## KNOW THE FACTS. TAKE ACTION. POSITIVE RESULTS.

### 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
- ▶ Combat Exposure
- ▶ Death
- ▶ Physical and Emotional Abuse
- ▶ Serious Accident
- ▶ Sexual Assault
- ▶ Sudden or extended isolation



[WWW.MISSIONREADYFORCE.COM](http://WWW.MISSIONREADYFORCE.COM)



# INVISIBLE WOUNDS.

KNOW THE IMPACT. TAKE ACTION. POSITIVE RESULTS.

## 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

- Compromising the safety of your fellow Airmen and Guardians
- Failure to complete missions on time
- Incomplete tasks
- Poor work relationships



[WWW.MISSIONREADYFORCE.COM](http://WWW.MISSIONREADYFORCE.COM)



# INVISIBLE WOUNDS.

KNOW THE FACTS. TAKE ACTION. POSITIVE RESULTS.

## SIGNS AND SYMPTOMS

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



**Flashbacks**



**Irritable, frustrated, angry**



**Trouble with memory and attention**



**Sensitivity to light and sound**



**Headaches, migraines**



**Constant negative tone**



**Fatigue**



**Poor self-care**



**Feeling anxious**



**Trouble sleeping, insomnia**



**Feeling depressed**



**Chronic pain**



**Avoidance, detachment**



INVISIBLE WOUNDS INITIATIVE

[WWW.MISSIONREADYFORCE.COM](http://WWW.MISSIONREADYFORCE.COM)



# Do you have 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).

**94%**

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

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



[WWW.MISSIONREADYFORCE.COM](http://WWW.MISSIONREADYFORCE.COM)