

# 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.<sup>1</sup>



On average, **less than 30% of PTSD cases are combat-related**

## PTSD Signs & Symptoms

Fatigue

Trouble sleeping, insomnia

Feeling anxious

Feeling depressed

Trouble with memory and attention

Flashbacks

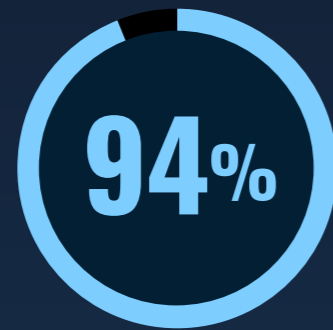
Irritable, frustrated, angry

Poor self-care

## How Common is PTSD?

**8 MILLION**

About 8 million people in the United States currently live with PTSD.<sup>2</sup>



94% of Airmen who have **received PTSD treatment continued to progress in their career**<sup>3</sup>



## Evidence-Based Treatments for PTSD

There are many proven PTSD treatments available to Airmen, 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 Airmen 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.



### Commanders and First Sergeants

Communicate with your leaders. They are committed to supporting you and your family.



### USAF Chaplain Services

On-base services for all Airmen, regardless of religious beliefs. Contact the chaplain team at your base chapel or connect with the 24/7 duty chaplain through the base command post.



### Military Treatment Facility (MTF)

On-base facilities that offer short- and long-term medical treatment options. Contact your 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.militaryonesource.mil](http://www.militaryonesource.mil)



### Military and Family Life Counseling (MFLC) Program

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



### National Center for PTSD

Information resource with U.S. Veteran Affairs and the world's leading research and educational center of excellence on PTSD and traumatic stress. [www.ptsd.va.gov](http://www.ptsd.va.gov)



### Military Crisis Hotline

24/7 hotline connects service members and their families experiencing a crisis with trained counselors.

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

Chat online at [www.veteranscrisisline.net/get-help/military-crisis-line](http://www.veteranscrisisline.net/get-help/military-crisis-line)



<sup>1</sup> - U.S. Department of Veteran Affairs. PTSD Basics. (2019). [https://www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](https://www.ptsd.va.gov/understand/what/ptsd_basics.asp).

<sup>2</sup> - National Center for PTSD. Help Raise PTSD Awareness. (2019). <https://www.ptsd.va.gov/understand/awareness/index.asp>.

<sup>3</sup> - U.S. Air Force School of Aerospace Medicine. USAF Public Health Report. Vol 3, Issue 1. (2018).