

# IDENTIFYING THE SIGNS OF INVISIBLE WOUNDS



An invisible wound is post-traumatic stress disorder (PTSD); traumatic brain injury (TBI); or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual.

## Signs that indicate someone may be in distress:

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- Flashbacks
- Irritable, frustrated, angry
- Trouble with memory and attention
- Sensitivity to light and sound
- Headaches, migraines
- Fatigue
- Poor self-care
- Feeling anxious
- Trouble sleeping, insomnia
- Feeling depressed
- Chronic pain



# OPTIMIZE HUMAN PERFORMANCE BY SEEKING ASSISTANCE



**MILITARY ONESOURCE**  
SOURCE (800) 342-9647 | [www.militaryonesource.mil](http://www.militaryonesource.mil)

**AIRMAN AND FAMILY READINESS CENTER (A&FRC)**  
Refer to your local installation

**MILITARY TREATMENT FACILITY (MTF)**  
 [www.tricare.mil/mtf](http://www.tricare.mil/mtf)

**CHAPLAINS**  
Contact your local Chaplain

**DEPARTMENT OF VETERANS AFFAIRS CAREGIVER SUPPORT LINE**  
 (855) 260-3274 | [www.caregiver.va.gov](http://www.caregiver.va.gov)

**Military Crisis Line** **MILITARY CRISIS LINE**  
 (800) 273-8255 | Text 838255

**AIR FORCE WOUNDED WARRIOR PROGRAM (AFW2)**  
 [www.woundedwarrior.af.mil/](http://www.woundedwarrior.af.mil/)

**NATIONAL CENTER FOR PTSD**  
 [www.ptsd.va.gov](http://www.ptsd.va.gov)

**KEY SPOUSE PROGRAM**  
 [www.afpc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program](http://www.afpc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program)

**MILITARY HEALTH SYSTEM—CAREGIVER RESOURCES**  
 [www.health.mil/I-Am-A/Caregiver-or-Family-Member](http://www.health.mil/I-Am-A/Caregiver-or-Family-Member)

## Reach Out, Connect, Inspire, and Offer Help and Hope by:

- Creating a caring environment
- Being open and honest about thoughts and feelings
- Remaining persistent in reaching out
- Showing willingness to listen and help find a solution
- Providing a strong network of support
- Encouraging others to be proactive in seeking help