



# INVISIBLE WOUNDS.

KNOW THE FACTS. TAKE ACTION. POSITIVE RESULTS.

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.

## COMMON CAUSES

An invisible wound can occur from a single traumatic event or a series of events, including combat and non-combat experiences. All Airmen can be affected.

- Blast exposure
- Physical and emotional abuse
- Serious accident
- Blow to the head
- Sudden or extended isolation
- Sexual assault
- Death
- Combat exposure



## 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
- 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

Learn more about invisible wounds and resources at

[www.ReadyAirmen.com](http://www.ReadyAirmen.com)



MENTALLY STRONG.  
PHYSICALLY FIT.  
MISSION READY.

# INVISIBLE WOUNDS. KNOW THE RESOURCES.

## TALK TO SOMEONE



### Trusted Advocates

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



### Chaplains

On-base chaplain services provide support for Total Force Airmen and their families including short- and long-term confidential counseling, religious and personal support, and spiritual resilience guidance. Duty chaplains are available 24/7 for crisis intervention, response, and counsel. Chaplain personnel can guide Airmen to additional care resources and are available to support all Airmen regardless of religious beliefs.

- ☎ Contact the chaplain team at the base chapel or connect with the duty chaplain through the base command post

Local #: \_\_\_\_\_



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

On-base resource located in the Airman & Family Readiness Center (A&FRC) offering solution-focused, short-term counseling to Total Force Airmen and their families for various life skills (e.g., anger management, deployment stress, and more).

- ☎ Contact the local A&FRC to use MFLC services

Local #: \_\_\_\_\_



### Military OneSource

Comprehensive DoD resource that provides health and wellness resources and 24/7 confidential help, including connecting Total Force Airmen to 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](http://www.militaryonesource.mil)



### Vet Centers

Community-based facilities that provide a wide 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 available to Total Force Airmen upon meeting eligibility requirements. 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 to connect Airmen with resources at their nearest Vet Center.

- ☎ Call the Vet Center Call Center 24/7 at 877-927-8387
- 💻 Visit [www.vetcenter.va.gov](http://www.vetcenter.va.gov) to learn more about eligibility requirements and find your local Vet Center

94%

Many Airmen 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.

## 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 Total Force Airmen. These programs are available to ARC Airmen when on active duty orders, approved Line of Duty, or in any emergency situation.

#### ► Behavioral Health Optimization Program (BHOP)

Integrates behavioral health personnel within primary care clinics and serves as an entry point for Airmen to traditional mental health appointments and other services. BHOP treatment uses solution-focused behavior change plans to help with depression, stress, anxiety, anger and sleep problems, and more. Appointments last 20-30 minutes and patients receive same-day intervention.

- ☎ To schedule a BHOP appointment, call the central appointments number at the nearest MTF

Local #: \_\_\_\_\_

#### ► Mental Health Clinic

Specializes in the assessment and treatment of invisible wounds. Mental health clinics offer a variety of support services to Airmen and their families. Services include individual counseling, group therapy, relaxation interventions, traumatic stress response, psychological testing, and medication management (where available). Treatment equips Airmen with the skills and tools needed to improve their overall well-being.

- ☎ Call or walk in to the local mental health clinic to schedule an appointment

Local #: \_\_\_\_\_



### Director of Psychological Health (DPH)

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

Local #: \_\_\_\_\_

## EMERGENCIES

CALL 911 or go to the nearest emergency room



### Military Crisis Line

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](http://www.militarycrisisline.net/chat)