



MENTALLY STRONG.  
PHYSICALLY FIT.  
MISSION READY.



# Leadership Resource Handout

Invisible wounds are post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual. These can be incurred through combat or non-combat-related activities. Below are video resources that Air Force leaders can reference when supporting Airmen with invisible wounds. **For more information, visit [www.readyairmen.com](http://www.readyairmen.com) or [www.woundedwarrior.af.mil/Airmen-Veterans/Invisible-Wounds-Initiative](http://www.woundedwarrior.af.mil/Airmen-Veterans/Invisible-Wounds-Initiative).**

## Every Airman Has a Story: Faces of PTSD

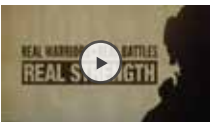


Every Airman has a story and for many of our Airmen that story includes a battle with PTSD. We implore you to reach out if you need help, find a fellow Wingman, visit your Mental Health Clinic, reach out to the Airman & Family Readiness Center—just please, reach out.

Health Clinic, reach out to the Airman & Family Readiness Center—just please, reach out.

PLAY VIDEO

## Faces of PTSD: Stacy Pearsall



Staff Sergeant Stacy Pearsall tells her story of recovery after figuring out she had PTSD.

PLAY VIDEO

## Invisible Wounds Leadership Training



This program provides important information about leadership's role in recognizing and responding to an Airman with an invisible wound. Topics include the importance of reducing stigma around

invisible wounds, the signs and symptoms of PTSD and TBI, and the leader's responsibility to ensure that Airmen with invisible wounds receive the proper treatment and care.

PLAY VIDEO

## Invisible Wounds of War Overview: What it is and Why it Matters



This video is designed for anyone who may be interacting with a veteran in any capacity and is interested in learning more about invisible wounds. The goal of this course is to provide a better understanding of

invisible wounds and how to assist someone who is affected by them. This course provides information explaining the principles of trauma-informed care, describes the symptoms of these particular wounds and how they present in veterans, and how to help someone that may be experiencing an invisible wound.

PLAY VIDEO

## A Day That Resonates: Technical Sergeant Trevor Brewer



Technical Sergeant Brewer is living with PTSD, stemming from a terrorist attack that took place overseas in March 2011. [Read more](#) about his story on the AFW2 website.

PLAY VIDEO

## Invisible Wounds: Master Sergeant James Stalnaker



Master Sergeant James Stalnaker was riding his motorcycle home from work when his life changed forever. [Read more](#) about his story on the AFW2 website.

PLAY VIDEO

# Leadership Invisible Wounds Assessment

Please take this brief assessment concerning your experience commanding individuals with invisible wounds.

Completion of the Leadership Invisible Wounds Assessment will take **less than five minutes**. Feedback received will allow the Air Force to better understand leadership's perspectives on leading Airmen with invisible wounds. Your participation is anonymous and no personally identifiable information will be captured.

You may access the assessment from the button below or by scanning the QR code:



[www.research.net/r/IWI-LIWA](http://www.research.net/r/IWI-LIWA)