

INVISIBLE WOUNDS, VISIBLE CARE

A ROAD TO CARE AND RECOVERY

SEEK CARE

Are you or someone you know showing symptoms of an invisible wound? Seek care early and often. Various resources are available to support you and your family.



UNSEEN, BUT NOT IGNORED

- Roughly **93%** of Airmen who are diagnosed with post-traumatic stress (PTS) are able to return to duty
- A traumatic brain injury (TBI) can happen to anyone; **85-95%** recover from mild TBI within days or weeks
- The four major Evidence-Based Treatments (EBT) for invisible wounds have resulted in significant improvements for those who seek care: up to **80%** show improvement in symptoms with a full course of EBT
- Successful treatment and a positive outcome are greatly enhanced by early intervention for symptoms of PTS and TBI



RECEIVE CARE

Connect with medical and non-medical services that will assist you throughout the care process, help you build a care management team, and support your recovery.



CONTINUE CARE

Continue recovery while reintegrating to your unit or transitioning to civilian life.



RETURN TO DUTY

- Participate in activities and programs that promote continued wellness
- Share your story and help others seek care

RETIREMENT/SEPARATION

- Begin anew with ongoing support from available resources
- Participate in continuing care events with organizations like AFW2 and Military OneSource

AVAILABLE RESOURCES



MILITARY CRISIS LINE

Free, confidential support 24/7 for immediate assistance for those in crisis

1 (800) 273-8255



MILITARY TREATMENT FACILITY (MTF)

Visit these on-base facilities for direct health and wellness care for Airmen, Air Force veterans, and their families.

www.tricare.mil/mtf



AIR FORCE WOUNDED WARRIOR PROGRAM (AFW2)

ANYONE may refer a recovering service member. The program utilizes Recovery Care Coordinators (RCCs) to aid service members, their caregivers, and their families in navigating the recovery, rehabilitation, and reintegration process. RCCs can support Airmen in their care for up to six months after separation.

www.woundedwarrior.af.mil



USAF CHAPLAIN CORPS

Provides confidential care and counseling, a listening ear, guidance, and religious support; contact the chapel team at the base chapel or get connected with the 24/7 duty chaplain through the base command post



VET CENTER PROGRAM

Provide readjustment counseling post-deployment for Airmen, veterans, and their families; aid in successful adjustment into civilian life.

www.vetcenter.va.gov



MILITARY ONESOURCE

A comprehensive DoD resource that provides health and wellness resources and confidential help, including connecting Airmen and their families to specialized peer support groups and Military and Family Life Counseling (MFLC)

militaryonesource.mil/

1 (800) 342-9647



AIRMAN AND FAMILY READINESS CENTER (A&FRC)

Provides an array of services, such as crisis support and military family life counselors. Offers information and referrals to ensure Airmen and their families connect with on- and off-base resources for personal and work life success.



THE REAL WARRIORS CAMPAIGN

The campaign's online resources include psychological health and traumatic brain injury information customized for current and former military service members, their families, and the health professionals who serve them

www.realwarriors.net



COMMANDERS AND FIRST SERGEANTS

Communicate with your leaders. It's their role to support you.

