

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.¹



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

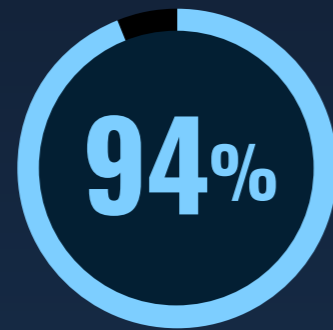
PTSD Signs & Symptoms

- Flashbacks
- Irritable, frustrated, angry
- Trouble with memory and attention
- Fatigue
- Poor self-care
- Feeling anxious
- Trouble sleeping, insomnia
- Feeling depressed

How Common is PTSD?

8 MILLION

About 8 million people in the United States currently live with PTSD.²



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



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.



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 services for all Airmen, regardless of religious beliefs. Contact your unit chaplain or after duty hours, contact the Command Post and request the duty chaplain.



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



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



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



Vet Centers

Offer a wide range of social and psychological counseling services for eligible Airmen and their families.

877-927-8387 | www.vetcenter.va.gov



¹ - U.S. Department of Veteran Affairs. PTSD Basics. (2019). https://www.ptsd.va.gov/understand/what/ptsd_basics.asp.

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

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