



# 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.<sup>1</sup>

## PTSD By the Numbers

8 MILLION

About 8 million people in the United States currently live with PTSD.<sup>2</sup>



94% of Airmen who received PTSD treatment continued to progress in their career<sup>3</sup>



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

## Signs & Symptoms



Flashbacks



Poor self-care



Irritable, frustrated, angry



Feeling anxious



Trouble with memory and attention



Trouble sleeping, insomnia



Fatigue



Feeling depressed

## Evidence-Based Treatments for PTSD



Many proven PTSD treatments are 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 Command Leadership are there for support through challenging times.



### Chaplains

On-base services for all Airmen, regardless of religious beliefs. Contact the 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 the 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.livechat.militaryonesourceconnect.org/chat](http://www.livechat.militaryonesourceconnect.org/chat)



### 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 the local A&FRC to use MFLC services.



### National Center for PTSD

Information resource within U.S. Veteran Affairs and the world's leading research and educational center of excellence on PTSD and traumatic stress.

💻 [www.ptsd.va.gov](http://www.ptsd.va.gov)



### Military Crisis Hotline

Connects service members and families in crisis with trained counselors 24/7.

☎ 800-273-8255, then press 1 | 💻 Text 838255

💻 Chat online at [www.veteranscrisisline.net/get-help/military-crisis-line](http://www.veteranscrisisline.net/get-help/military-crisis-line)



### Vet Centers

Offer confidential social and counseling services for Airmen and their families.

☎ 877-927-8387 | 💻 [www.vetcenter.va.gov](http://www.vetcenter.va.gov)



[WWW.READYAIRMEN.COM](http://www.readyairmen.com)

Learn more about invisible wounds and resources at [www.ReadyAirmen.com](http://www.ReadyAirmen.com)

<sup>1</sup> - U.S. Department of Veteran Affairs. PTSD Basics. (2019). [https://www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](https://www.ptsd.va.gov/understand/what/ptsd_basics.asp)

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

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