

June is Post-Traumatic Stress Disorder (PTSD) Awareness Month

National PTSD Awareness Month is acknowledged annually each June and is dedicated to creating awareness regarding PTSD. During this month, the U.S. Department of Veterans Affairs (VA), Department of Defense (DoD), and organizations across the United States come together to further inform people about PTSD. The goal is to spread awareness of symptoms and effects, as well as advance the discussion about diagnosis, treatment, and care for those working through recovery after a traumatic event. Raising awareness is essential to recovery.

What are the symptoms of PTSD?

Military service members may be exposed to traumatic events - ones in which the individual's life is in critical danger, he or she is seriously injured, and/or there is a threat to physical integrity, either to one's self or to others. An individual that experiences a very intense or long-lasting reaction is more likely to develop PTSD.

Symptoms such as irritability and self-destructive behavior are not always due to PTSD. Individuals that are unsure of unexplained changes in behavior should visit a professional mental health provider.

To meet criteria for PTSD diagnosis, an individual must display one or more of the following symptoms for at least one month and symptoms must cause significant distress or interfere with work or home life:


- Inability to remember an event (not due to head injury, alcohol, or drugs)
- Negative beliefs or expectations about oneself, others, or the world
- Distorted blame of self or others about the cause or consequences of the traumatic event
- Fear, horror, anger, guilt, or shame
- Feelings of detachment or estrangement from others
- Exaggerated reaction to common sounds
- Sleep disturbance
- Reckless behavior

How to help a fellow Airman in distress

To help an Airman suffering from PTSD, listen to hear, not to respond. Be sure to acknowledge their distress, ask about what they may be going through, intervene if they need help, and have a guided discussion with them. Do not shy away from their needs and encourage them to seek professional help from their health care provider, chaplain, or additional support from their friends, family, and loved ones.

Know the stats




Airmen and military service members with PTSD should know they are not alone. The following statistics reveal how common PTSD is within society:

 <p>8,000,000 people have PTSD in the U.S., though only a small portion of those have gone through a recent trauma</p>	 <p>Approximately 7-8% of the U.S. population will have PTSD at some point during their lives</p>	 <p>About 10% of women and 4% of men develop PTSD sometime during their lives</p>	 <p>People with PTSD have among the highest rates of healthcare service use</p>	 <p>According to VA experts, up to 20% of Operation Enduring Freedom and Operation Iraqi Freedom veterans, up to 10% of Gulf War veterans, and up to 30% of Vietnam War veterans have experienced PTSD</p>
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2018 DoD Warrior Games

The Air Force will host the 2018 DoD Warrior Games at the Air Force Academy from June 1-9 in Colorado Springs, CO. Athletes from each branch of service, U.K. Armed Forces, Australian Defence Force, and Canadian Armed Forces are expected to participate in this year's adaptive-sports contest for wounded, ill, and injured service members and veterans.

Snapshot of Events:

 <p>Warrior Games Opening Ceremony and Concert</p>	<p>Saturday, June 2 (6:00pm-10:00pm)</p>
 <p>Warrior Games Events</p>	<p>Friday, June 1- Saturday, June 9 (Click here for event times)</p>
 <p>Warrior Games Closing Ceremony</p>	<p>Saturday, June 9 (By invitation only)</p>

Warrior Games teams are comprised of active-duty service members and a small number of veterans with physical and invisible wounds. Athletes will go head-to-head in 11 sporting events including archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball, and for the first time in Warrior Games history, indoor rowing, powerlifting, and time trial cycling.

Learn more about the athletes competing in this year's competition here:

<https://dodwarriorgames.com/teams/air-force/>

For more information about the 2018 Warrior Games, please visit:

<https://dodwarriorgames.com/>