

IDENTIFYING THE SIGNS OF INVISIBLE WOUNDS



An invisible wound is post-traumatic stress disorder (PTSD); traumatic brain injury (TBI); or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual.

Signs that indicate someone may be in distress:

- Flashbacks
- Irritable, frustrated, angry
- Trouble with memory and attention
- Sensitivity to light and sound
- Headaches, migraines
- Fatigue
- Poor self-care
- Feeling anxious
- Trouble sleeping, insomnia
- Feeling depressed
- Chronic pain



OPTIMIZE HUMAN PERFORMANCE BY SEEKING ASSISTANCE



MILITARY ONESOURCE

(800) 342-9647 | www.militaryonesource.mil



AIRMAN AND FAMILY READINESS CENTER (A&FRC)

Refer to your local installation



MILITARY TREATMENT FACILITY (MTF)

www.tricare.mil/mtf



CHAPLAINS

Contact your local Chaplain



DEPARTMENT OF VETERANS AFFAIRS CAREGIVER SUPPORT LINE

(855) 260-3274 | www.caregiver.va.gov



MILITARY CRISIS LINE

(800) 273-8255 | Text 838255



AIR FORCE WOUNDED WARRIOR PROGRAM (AFW2)

www.woundedwarrior.af.mil/



NATIONAL CENTER FOR PTSD

www.ptsd.va.gov



KEY SPOUSE PROGRAM

www.afpc.af.mil/Benefits-and-Entitlements/Key-Spouse-Program



MILITARY HEALTH SYSTEM—CAREGIVER RESOURCES

www.health.mil/I-Am-A/Caregiver-or-Family-Member

Reach Out, Connect, Inspire, and Offer Help and Hope by:

- Creating a caring environment
- Being open and honest about thoughts and feelings
- Remaining persistent in reaching out
- Showing willingness to listen and help find a solution
- Providing a strong network of support
- Encouraging others to be proactive in seeking help