

Take the Step: raise Post-Traumatic Stress awareness

Post-Traumatic Stress: Get smart, get help, turn it around

Awareness is job one when it comes to Post-Traumatic Stress. That's why the Dunham Army Health Clinic is sponsoring a



screening day event, Thursday, June 27 from 7:30 to 11:30 a.m. in the Dunham Clinic Atrium.

Dunham Army Health Clinic is collaborating with Veterans Affairs to offer education and screening – designed to help active and veteran members of our military community find information and find opportunities for assessment and treatment.

Be aware ... be informed ... take the post-traumatic stress self-assessment to learn about this common yet treatable condition, at <http://www.mentalhealthscreening.org>. It's a free and anonymous way to size up symptoms and get private advice about whether a further clinic assessment is wise.

Did you know ...?

- 70 percent of U.S. adults have experienced some type of traumatic event at least once in their lives, such as natural disaster, fire, car accident, acts of violence, war, or terrorism
- Up to 20 percent of them will develop post-traumatic stress
- Traumatic events can affect an entire community, such as the Boston Marathon bombings.
- It's not just about the military: PTS is seen in members of the public, especially among first responders, victims of violence and abuse, or those affected by natural disasters
- Media coverage of traumatic events can affect individuals.

Did you know ...?

- Most individuals will have stress-related reactions following a traumatic event, but not everyone

will develop PTSD

- Symptoms of PTSD generally last 4 weeks or more and can make it hard for an individual to function in daily life
- Symptoms include: reliving the event through nightmares and flashbacks; avoiding situations that remind you of the event such as large crowds or driving a car; developing negative changes in beliefs or feelings; and feeling hyper-alert or easily startled.

Do you know ... how to learn more?

- Take the online self-assessment: <http://www.mentalhealthscreening.org>
- Check out VA site: <http://www.ptsd.va.gov>
- Learn from veterans how treatment turned their lives around:
<http://www.ptsd.va.gov/apps/AboutFace/>
- 1-800-273-8255 is the **National Suicide Prevention Life Line**, also serving the Veterans Crisis Line.

Do you know anyone who would benefit from, "A Different Kind of Courage" ...?

- Check out this 4-min video http://mentalhealthscreening.org/military/FINAL_PROMO_HQ.wmv

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