

BUSTING PTSD MYTHS

Fact: While not everyone who experiences trauma will develop Posttraumatic Stress Disorder, it is a common invisible wound.



1 in 5

active duty service members show signs of a psychological health concern



7 to 8%

of people will experience PTSD at some point in their lives



10 to 14%

of service members who served in Iraq and/or Afghanistan have developed PTSD

5 MYTHS & FACTS ABOUT PTSD

Seeking help is a sign of strength, but the myths about PTSD can discourage service members from taking the first step.

MYTH: PTSD is always combat-related

FACT:

PTSD can be caused by many types of traumatic experiences like house fires, car accidents and sexual assaults.

MYTH: Service members with PTSD all have the same symptoms

FACT:

Everybody experiences PTSD differently. Symptoms vary in intensity and can include nightmares, flashbacks and trouble concentrating.

MYTH: Only service members experience PTSD

FACT:

Anyone who faces a traumatic event can develop PTSD. It can affect people of any age, gender, race or income level.

MYTH: Service members can never recover from PTSD

FACT:

PTSD is treatable and getting help early can significantly improve your symptoms. PTSD can recur, but treatment can make you feel in control and give you tools to cope.



MYTH: Getting help for PTSD will hurt my ability to get or maintain a security clearance

FACT:

Most service members who seek help from a psychological health professional are able to get or maintain a clearance.

SEEK CARE

PTSD symptoms may not appear until months or years later¹. If you have gone through trauma and are experiencing anger, trouble sleeping, nightmares, intrusive memories, sadness or other concerns, seek care as these may be signs of PTSD. Contact a health care provider to assess your symptoms and discuss treatment options.

WANT TO LEARN MORE?

Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 at 866-966-1020

Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net

National Center for PTSD

Visit ptsd.va.gov for PTSD treatment and care options

Connect with Us on Social Media

[facebook.com/realwarriors](https://www.facebook.com/realwarriors)
twitter.com/realwarriors

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

MHS

Military Health System
health.mil

¹ https://www.ptsd.va.gov/understand/what/ptsd_basics.asp