

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

Call 800-273-8255 and press 1, or chat online at veteranscrisisline.net/get-help/chat for confidential help

National Center for PTSD

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

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REAL STRENGTH

MHS

Military Health System
health.mil

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