

WHAT IS PTSD?

Post-Traumatic Stress Disorder is a mental health disorder that can occur after experiencing a traumatic event. Veterans returning from one or more tours of duty in a combat environment can suffer from PTSD. PTSD may cause feelings of anxiety, fear, and the inability to control his/her environment or behavior.

SIGNS & SYMPTOMS

Re-experiencing event

Reliving a traumatic event through triggers, flashbacks, nightmares, or smells resulting in intense feelings and/or fear.

Negative changes in beliefs and feelings

An inability to remember a trauma or self-blame.

Avoidance and numbing symptoms

Avoiding crowded places and people, numbing through self-medication with alcohol and other drugs.

Changes in reactions

Involves increased emotional arousal, including hyper-vigilance, paranoia, irritability, and angry outbursts.

TOOLS TO HELP

- ★ Gain understanding about PTSD
- ★ Learn how to deal positively with loss
- ★ Work at forgiveness
- ★ Create a "place of healing"
- ★ Develop a support network
- ★ Accept that pain felt is very real

YOU ARE NOT ALONE

Some of the fallout from PTSD is broken relationships and families. Many cope with their trauma through addition and self-destructive behaviors. The other is the pain that a combat soldier carries long after they are home.

VETERANS

PTSD scars the mind and soul of the warrior. Friends, family, and society often do not understand the suffering. There is a community and pathway that exists to provide recovery.

FAMILIES

The emotions and anger displayed are not directed toward you. Soldiers have been trained to "bear the burden for themselves". They are struggling with a battle for which training is insufficient. The aid required to help them is different than a physical wound. As with shrapnel injuries, PTSD requires the aid of others for removal, so that the true healing can begin. The process of healing can be the most difficult undertaking.

"This program has given me my life back, and I plan to do that for many Veterans to come." Fred G., USMC

ABOUT US

The PTSD Foundation of America strives to save veterans who are losing their lives to suicide at an alarming rate of 44 a day. Many of whom are homeless and without hope.

Founded in Houston Texas, our mission is to heal our veterans by providing a host of holistic services. Our "warrior groups" bring combat veterans together in a safe place where they can share their stories, memories, and pain. Additionally, our Corps of Compassion provides Veterans with a network of individuals, organizations, and churches to help bring healing to the military community. We have expanded our life-saving tactics to multiple states to run both warrior and family groups in an effort to help the entire community of those affected by the hardships of PTSD.

Camp Hope, our six-nine-month interim housing program located in Houston, Texas, aims to relieve the effects of combat trauma through a whole-person approach. Its solution is to provide peer support, mentor programs, and professional development for America's warriors and their families. There is no cost for the Veteran or their family to participate.

