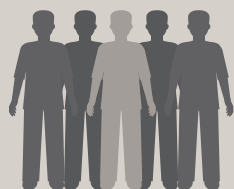


# BUSTING PTSD MYTHS

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:**

Many 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 later<sup>1</sup>. 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](http://veteranscrisisline.net/get-help/chat) for confidential help

### National Center for PTSD

Visit [ptsd.va.gov](http://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](https://twitter.com/realwarriors)

REAL WARRIORS ★ REAL BATTLES  
**REAL STRENGTH**



Military Health System  
[health.mil](http://health.mil)

<sup>1</sup> [https://www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](https://www.ptsd.va.gov/understand/what/ptsd_basics.asp)