What are some stress symptoms that a veteran might experience after being in combat?

- Sleep Disturbances
- Flashbacks
- Poor or lack of concentration
- Negative Self Image
- Depression
- Anger Issues
- Alienation and Isolation
- Memory Impairment
- Loss of interest in things once enjoyed
- Problems with relationships
- Drug or Alcohol Abuse
- Survivor guilt
- Trust issues
- Suicidal Thoughts

What is Post Traumatic Stress Disorder (PTSD)?

- PTSD occurs when someone experiences OR witnesses an event that involves actual OR threatened death or serious injury.
- Those who suffer from PTSD are stuck with acute stress reactions that manifest in the form of Intense Fear, Helplessness, and Horror

What are some common symptoms of Post Traumatic Stress Disorder?

- Recurring and intrusive memories and/or dreams of the event
- Acting or feeling as if the traumatic event were happening
- Intense distress in response to cues resembling some aspect of the event
- Efforts to avoid thoughts, feelings or conversations related to the event
- Feeling detachment or estrangement from others
- Difficulty falling or staying asleep
- Difficulty concentrat
- Depression

What is Traumatic Brain Injury (TBI)?

- TBI occurs when an external force has significantly disrupted brain function as indicated by:
  - A period of loss of consciousness or alteration in consciousness
- Loss of memory (amnesia) for events immediately before or after the injury
- Neurological deficits (e.g., weakness, loss of balance, change in vision)
- Intracranial lesion

What are some common symptoms of Traumatic Brain Injury?

**Mild symptoms include:**

- Cognitive Problems
- Difficulty Thinking
- Memory Problems
- Attention Deficits
- Mood Swings
- Frustration

**More severe symptoms include:**

- Not understanding the spoken word (receptive aphasia)
- Difficulty speaking and being understood (expressive aphasia)
- Slurred speech, or speaking fast/slow
- Partial or total vision loss
- Decrease or loss of hearing
- Seizures
- Social and Emotional disturbances