

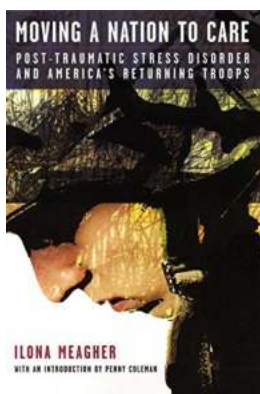
Discover How Post Traumatic Stress Disorder Affects America's Returning Troops!

Post Traumatic Stress Disorder (PTSD) is a serious mental health condition that affects countless individuals around the world. In this article, we will explore the impact of PTSD specifically on America's returning troops, the challenges they face, and the resources available to support them.

The Reality of PTSD Among Returning Troops

Returning from war zones and combat situations can have profound effects on the mental well-being of servicemen and servicewomen. PTSD is a common consequence of exposure to life-threatening events and traumatic experiences during deployment. It can manifest in various ways, including nightmares, flashbacks, anxiety, depression, and social isolation.

It is estimated that around 20% of military personnel returning from combat deployments experience symptoms of PTSD. Unfortunately, many still suffer in silence, unaware of the available resources or hesitant to seek help due to the stigma surrounding mental health.



Moving A Nation to Care: Post-Traumatic Stress Disorder and America's Returning Troops

by Ilona Meagher (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 388 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 210 pages



The Challenges in Identifying and Treating PTSD

Recognizing PTSD can be challenging, as symptoms may not always be immediately apparent. Additionally, some service members may minimize their symptoms, attempting to appear strong and resilient. This self-stigma and pressure to conform often prevent individuals from seeking the necessary support and treatment.

Furthermore, the stigma surrounding mental health in the military culture can create barriers to seeking help. Fear of damaging careers, concerns about being perceived as weak or unstable, and lack of education about mental health contribute to the reluctance to address PTSD symptoms.

However, it is crucial to understand that PTSD is a genuine medical condition and seeking treatment is essential for recovery and overall well-being.

Available Resources and Support

Acknowledging the need for mental health support, various organizations in the United States have taken initiatives to help returning troops with PTSD.

The Department of Veterans Affairs (VA) provides comprehensive mental health services to veterans, including evidence-based treatments for PTSD, such as cognitive-behavioral therapy (CBT) and medication management. These services are available at VA medical centers and clinics throughout the country.

There are also numerous community-based programs, non-profit organizations, and support groups dedicated to assisting veterans with PTSD. These resources offer a range of services, including counseling, peer support, and educational workshops.

Furthermore, advancements in technology have led to the development of mobile applications and online platforms that provide accessible mental health support to veterans. These resources often offer self-help tools, therapist directories, and crisis helplines.

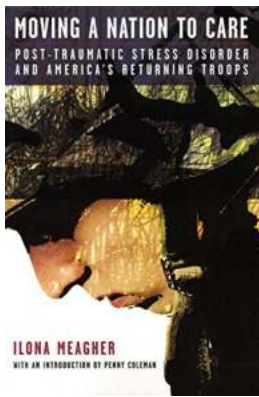
The Importance of Raising Awareness

Raising awareness about PTSD among returning troops is crucial to not only destigmatize mental health but also to ensure that those in need are aware of the available resources.

Educating military personnel about the signs, symptoms, and effects of PTSD can encourage early identification and intervention, leading to better outcomes for individuals struggling with the disorder. Moreover, promoting a culture of support and understanding within the military community can help reduce the stigma associated with seeking help.

Post Traumatic Stress Disorder is a significant concern among America's returning troops. It is essential to prioritize mental health as a nation and ensure that those who have bravely served our country receive the support they need and deserve.

By recognizing the challenges faced by returning troops and raising awareness about PTSD, we can foster a more empathetic and supportive society, working towards a brighter future for those who sacrificed to protect our freedoms.



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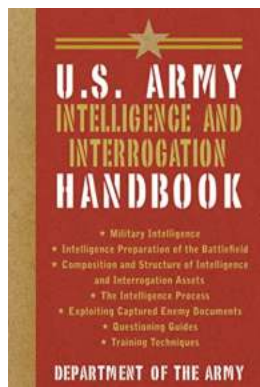


Post-traumatic stress disorder (PTSD) in our returning combat troops is one of the most catastrophic issues confronting our nation. Yet, despite the fact that nearly 20 percent of the over half million troops that have left the military since 2003 have been diagnosed with PTSD, and that many who suffer symptoms are unlikely to seek help because of the stigma of this terrible disease, our government and media have remained silent.

Moving A Nation to Care: Post-Traumatic Stress Disorder and America's Returning Troops is a grassroots call to action designed to break the shameful silence and put the issue of PTSD in our returning troops front and center before the American public. In addition to presenting interviews with Iraq and Afghanistan veterans suffering with PTSD, such as Blake Miller, the famous "Marlboro Man," this book will be the most comprehensive resource to date for concerned citizens who want to understand the complex political, social, and health-related issues of PTSD, with an eye toward "moving our nation to care" to do what is necessary to help our fighting men and women who suffer from PTSD.

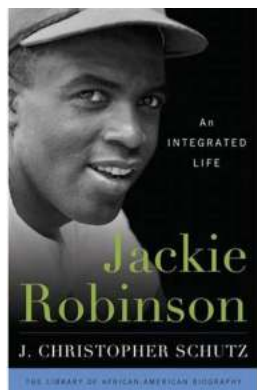
Ilona Meagher is editor of the online journal PTSD Combat: Winning the War Within and author of the PTSD Timeline, a comprehensive database of PTSD incidents. She has appeared on Fox News and numerous other media outlets.

Robert Roerich, MD, is one of the world experts in trauma therapy and PTSD and a board member of the National Gulf War Resource Center.



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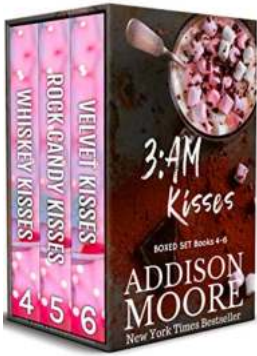
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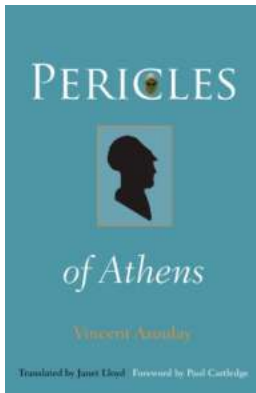
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