



# VeteranCaregiver.com Video Resource

## Recommended Resources: PTSD Overview for Family/Friends

Definition	Post-Traumatic Stress Disorder (PTSD) is the body and mind's normal response to an abnormal experience. Combat veterans, first responders, and those suffering traumatic events may show symptoms of varying severity of PTSD. In milder cases, the "D" is sometimes removed.
Symptoms	These vary for each individual, but may include hypervigilance, agitation, insomnia, night terrors, daytime flashbacks, behavioral or mood changes, communication may become silence, or there may be increased aggression and lack of verbal filters. Relationships can turn upside down, or falter badly. Sometimes there is elective isolation, and there are often triggers: crowds, unexpected actions, car backfire/fireworks, or even words. There <u>is</u> help available.
Help & Treatment	Many treatments are effective, but there is no "one size fits all", and care should be taken to find a treatment plan that the veteran will stick with until improvement is made. Often a friend or battle buddy will encourage a fellow vet to seek help. Avoid letting anxiety and depression isolate the vet or your family. Seek help and always be mindful of personal safety for all.
Resources	<a href="http://www.ptsd.va.gov/">http://www.ptsd.va.gov/</a> VA hospitals, vet clinics, and telehealth. <a href="http://www.helpguide.org/articles/ptsd-trauma/post-traumatic-stress-disorder.htm">http://www.helpguide.org/articles/ptsd-trauma/post-traumatic-stress-disorder.htm</a> <a href="https://www.psychologytoday.com/blog/the-athletes-way/201311/two-new-ptsd-treatments-offer-hope-veterans">https://www.psychologytoday.com/blog/the-athletes-way/201311/two-new-ptsd-treatments-offer-hope-veterans</a>
Alternative Thx	<a href="http://www.familyofavet.com/PTSD_alternative_treatments.html">http://www.familyofavet.com/PTSD_alternative_treatments.html</a> <a href="http://www.stripes.com/options-expand-for-wounded-as-more-heal-ptsd-with-alternative-treatments-1.179932">http://www.stripes.com/options-expand-for-wounded-as-more-heal-ptsd-with-alternative-treatments-1.179932</a> <a href="http://www.helphthewarriors.org">http://www.helphthewarriors.org</a> , Hyperbaric Oxygen Therapy

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