



# THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

THANK YOU FOR YOUR SERVICE

## ***what are some underlying costs of service...?***

**Posttraumatic Stress Disorder (PTSD).** Traumatic events, such as military combat, assault, disasters or sexual assault can have long-lasting negative effects such as trouble sleeping, anger, nightmares, being jumpy and alcohol and drug abuse. When these troubles don't go away, it could be PTSD. The 2014 JAMA Psychiatry study found the rate of PTSD to be 15 times higher than civilians.

**Depression.** More than just experiencing sadness, depression doesn't mean you are weak, nor is it something that you can simply "just get over." Depression interferes with daily life and normal functioning and may require treatment. The 2014 JAMA Psychiatry study found the rate of depression to be five times higher than civilians.

**Traumatic Brain Injury (TBI).** A traumatic brain injury is usually the result of significant blow to the head or body. Symptoms can include headaches, fatigue or drowsiness, memory problems and mood changes and mood swings.

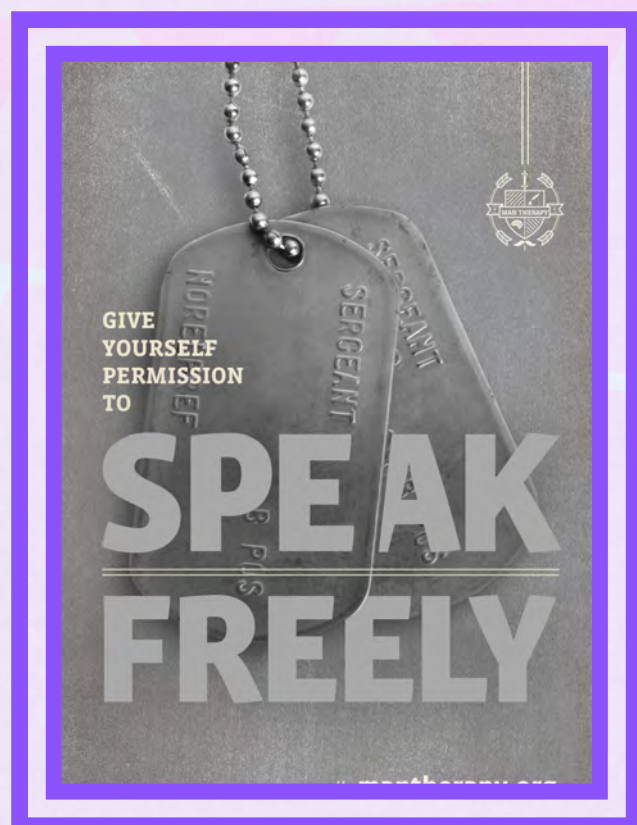
**Sometimes it can feel like others do not understand service-related experiences - it can be very helpful to speak to someone about these challenges**





# ***where can you go to help?...***

## *Man Therapy..*



## ***Military Crisis Line***

- The Military Crisis Line connects a person in need to a trained counselor with a single phone call or click of a mouse.
- This confidential, immediate help is available 24/7 at no cost to active-duty, Guard and reserve members, their families and friends.
- Call 800-273-8255, then press 1, or access online chat at the Military Crisis Line or by texting to 838255.

*Confidential counselors* are available for service members and their families through Military One Source at 1-800-342-9647. If you're unsure whether to seek treatment or if you someone you know might need treatment, they are an excellent first stop for information and advice.

*Primary care providers* can be helpful for discussing concerns and treatment options.

*Behavioral health care providers* working at primary care clinics are available on many military bases so you can seek a specialist's advice without leaving base. And at some bases, you can find convenient Embedded Behavioral Health teams—clinics separate from traditional medical facilities.

## *Online screening tools*

Free, confidential, online screenings for anxiety, depression, mood disorders, PTSD and other conditions are available at <http://www.mhascreening.org>, Mental Health America's screening service.