

Recognize PTSD Awareness Day on June 27 with an Anonymous Self-Assessment

Visit www.MindBodyStrength.org

Up to 20% of veterans returning from Iraq or Afghanistan suffer from posttraumatic stress disorder (PTSD), yet two-thirds do not seek treatment. While PTSD is prevalent among people who have been to combat, that is not the only cause. Traumatic events, accidents, or even the death of a loved one can cause PTSD, and up to 7.7 million Americans are affected by it.

People with PTSD often suffer alone – even though the impact of their injury can be felt in their family and community. On June 27, military and veterans’ organizations around the globe will recognize PTSD Awareness Day by encouraging people to take an online, anonymous, mental health self-assessment at www.MindBodyStrength.org. They will also be distributing gym bags with the slogan “*Healthy Body, Healthy Mind. It’s in the Bag,*” and the Web address www.MindBodyStrength.org. A healthy body is essential for a healthy mind, and exercise is a great way to help cope with the symptoms of PTSD. The self-assessment takes less than a minute, but can give users information about their risk of PTSD, and most importantly, information about where to seek help.

“At Wilmington Treatment Center, we use the PTSD bags from Military Pathways as a way to spread the message of the importance of mental health screenings to all the returning service members and veterans,” says Danielle Sodergren, MA, PLCAS, military counselor. “They will be an integral part of our PTSD Awareness Day on June 27th.”

Some facts about PTSD:

- Symptoms of PTSD can appear days, weeks, months or even years after a traumatic event.
- PTSD symptoms include flashbacks, anger, emotional numbness and nightmares.
- PTSD is a treatable condition, and it is important for everyone, especially those in the military community, to be aware of its prevalence, signs and symptoms.

About Military Pathways®

Military Pathways gives service personnel and their families the opportunity to learn more about mental health and alcohol use through anonymous self-assessments offered online. The program is designed to help individuals identify symptoms and access assistance before a problem becomes serious. The self-assessments address alcohol use, PTSD, depression, generalized anxiety disorder, bipolar disorder and a brief screening for adolescent depression. After completing a self-assessment, individuals receive referral information including information about TRICARE, Military OneSource and Veterans Affairs. The program is run by the nonprofit Screening for Mental Health, Inc. and is funded by the Department of Defense with support from the Center for Telehealth and Technology (T2health.org).