What about PTSD??
- Persistent re-experiencing the event
- Avoidance of similar situation associated with the event
- Increased anxiety, irritability
- Duration over a month
- Stress/impairment in daily functioning (social, work, personal)

What if I feel this way… How do I cope??
- Know that you are having a normal response to an abnormal situation
- Others have survived traumatic circumstances
- Crisis is temporary, you will get better
- Strong beliefs (God, mission, values)
- Turn to family and friends for support
- Seek help if symptoms persist
- Using key agencies for support
- Take Care of yourself and your buddy!!!

Emergency Numbers
- Life Skills Support Center (910) 394-4700
- Family Support Center (910) 394-2538
- Chapel (910) 394-2677
- Security Forces (910) 394-2800
- Air Force One Source (800) 707-5784

Post Deployment
“Airmen Taking Care of Airmen”
“Welcome Home”

Signs of Combat/Operational Stress
“Cumulative Stress is Real”
- Re-experiencing event
- Guilt about incident
- Nausea and vomiting
- Headaches/stomach aches
- Inability to sleep/rest
- Poor concentration
- Hyper-vigilance
- Reaction to sounds
- Intrusive thoughts
- Change in speech
- Withdrawal/sadness
- Anxiety/panic
- Fear
- Irritable

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