

# VETERANS' MENTAL HEALTH

Veterans may experience challenges such as post-traumatic stress disorder (PTSD), depression, anxiety, substance abuse, and more.



## Mental Health

Note: Always consult with healthcare professionals or mental health experts for personalized advice and treatment.

Veterans often face unique challenges that can impact their mental health. The transition from military to civilian life, exposure to traumatic events, and the strains of deployment can contribute to mental health issues. MVoA aims to provide essential information and resources to support the mental well-being of Veterans.

### Signs and Symptoms:

#### PTSD Symptoms:

- Flashbacks and nightmares
- Hyperarousal and hypervigilance
- Avoidance of reminders

#### Depression Symptoms:

- Persistent sadness
- Loss of interest in activities
- Changes in sleep and appetite

#### Anxiety Symptoms:

- Excessive worry
- Restlessness
- Difficulty concentrating

### Seeking Help:

#### Veterans Affairs (VA):

- Access mental health services through VA
- Contact the Veterans Crisis Line: Dial 988 Press 1, chat [here](#), or text to 838255

#### Community Resources:

- Local mental health clinics and counseling services ([Vet Centers](#))
- Support groups for Veterans

#### Social Support:

- Maintain connections with family and friends
- Engage in activities that bring joy

### Preventive Measures:

#### Regular Check-ups:

- Schedule routine medical and mental health check-ups
- Address concerns promptly to prevent escalation

#### Resilience Building:

- Participate in resilience training and mental health programs
- Develop coping mechanisms for stress management



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*Encourage open conversations about mental health to reduce stigma and promote seeking help*

