



## Understand Other Potential Triggers Requiring Added Vigilance

- ❑ **Certain anniversary dates may raise the veterans' PTS to an acute state**
  - Killed in Action (KIA) dates of close friends
  - Note the date on any KIA bracelet
  - KIA flags, tattoos of KIA friends/dates of service
  - Date of injury to him/herself
  - Suicide attempts for past number of years always occurring in the same month
    - Peers may know of, but not reveal, prior suicide attempts, self-medicating, or other PTS/TBI signs or symptoms
      - Difficult to perform, but consider a method to sensitively seek this information from battle buddies
- ❑ **If a veteran has a learning disability prior to his/her service, they are at greater risk for developing PTS**
- ❑ **Delayed onset of symptoms**
  - Indicators can occur many months post service. Consequently, there may be a failure to correlate the symptoms to the underlying service-related PTS condition

Disclaimer: The focus of the information contained in the pamphlet is educational and not a treatment plan and, there are no guarantees that the information contained in this document or our online videos ([www.communityvetsproject.org](http://www.communityvetsproject.org)) will be effective. Every person with PTS/TBI may have unique challenges that are outside the realm of this effort. Please seek prompt, professional help as necessary.