When to Seek Prompt, Professional Help

☐ Threats or thoughts of violence or suicide
  ▶ Crying, depression-like mood
  ▶ Spontaneously utters, “I wish I would have died.”
  ▶ Leaving the lights on at night, gun under the pillow
  ▶ Overly fascinated with guns

☐ Physical abuse towards another

☐ Self-medicating with drugs and/or over-use of alcohol
  ▶ Black-out spells
  ▶ Steroid use
  ▶ Obsessive use of video gaming
  ▶ Misses work
  ▶ Recluse behavior increases
  ▶ When startled, becomes combative
  ▶ There is no moderation—only excessive drinking/drug use

☐ Overdose of drugs, suicide attempts

☐ Tried to strangle spouse

☐ They may tell someone, “I’m not doing well. I don’t know what’s wrong with me.”

☐ “I need to get help.”

☐ During a traffic altercation, pulled pistol and fired a round into the air

☐ Will carry firearm and keep other weapons close by

☐ Asking for a firearm from a friend or relative

☐ Builds a “shrine” to a fallen battle buddy
  ▶ Poster-size photo of friend
  ▶ Sometimes there are hidden shrines, others are more visible

☐ Self-mutilation

☐ Arrested

☐ Acting like they are on-duty in a combat area
  ▶ “Taking down” civilians and checking them for “papers,” “weapon searches,” questioning others as if they could be the enemy

☐ Extreme hyper-vigilance
  ▶ When under severe stress, would find ways to conceal him/herself in natural camouflage along roadsides, home, or for long hours
  ▶ Setting up a perimeter zone around his/her house
    + Roping off areas around the property, creating fox holes, mirrors set up to see around corners
    + Walking/foot patrolling perimeter

☐ Modeled sleeping area to identical layout of sleeping quarters in war zone

☐ Family members openly expressing their concerns that the veteran may some day lie-in-wait and cause harm to them

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) 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.

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