

## **PTSD is Real**

By Chaplain Ron Rayner

My first assignment as chaplain for *The Khe Sanh Vets* was to attend the funeral of one of our members that had committed suicide. The following e-mail I received points out just how bad the situation is. Take note of the last line as PTSD affects many parts of a veteran's life.

When I mentioned the 6,500 suicides figure during my PTSD therapy group session, the therapist and everyone else was surprised that it was that low.

The methods I use day by day to keep my thoughts headed in the right direction can be found at [www.eagleprep.com](http://www.eagleprep.com) under PTSD-Your Mind, Body, Soul.

### **Posttraumatic Stress Disorder Overview**

Only two defining forces have ever offered to die for you, Jesus Christ and the American G.I. One Died for your soul, the other for your freedom.

--- On Sun, 1/18/09, John "Jack" Cunningham <[ProudCapMarine@earthlink.net](mailto:ProudCapMarine@earthlink.net)> wrote:

<http://www.military.com/benefits/resources/ptsd-overview>

The VA estimates that every year 6,500 veterans take their own lives. The mental health director for the VA, Ira Katz, said in an e-mail last December (2007) that of the 18 veterans who commit suicide each day, four to five of them are under VA care, and 12,000 veterans under VA care are attempting suicide each year.

Posttraumatic Stress Disorder can occur following a life-threatening event like military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape. Most survivors of trauma return to normal given a little time. However, some people have stress reactions that don't go away on their own, or may even get worse over time. These individuals may develop PTSD.

People who suffer from PTSD often suffer from nightmares, flashbacks, difficulty sleeping, and feeling emotionally numb. These symptoms can significantly impair a person's daily life.

PTSD is marked by clear physical and psychological symptoms. It often has symptoms like depression, substance abuse, problems of memory and cognition, and other physical and mental health problems. The disorder is also associated with difficulties in social or family life, including occupational instability, marital problems, family discord, and difficulties in parenting.