



COMBAT STRESS

Post Traumatic Stress Disorder (PTSD) ★ Anxiety ★ Rage ★ Isolation ★ Depression ★ Paranoia
Night Sweats ★ Nightmares ★ Alcohol Abuse ★ Self Medication with Drugs ★ Flashbacks
Emotional Numbness ★ Some call it Mental Illness – It is.

THE INVISIBLE WOUND OF WAR

Combat Stress or PTSD affects from 10-30% of troops who have served in active combat zones. The causes are from the perceived danger the troops can feel over a prolonged period to actual combat. It can take many years for the symptoms of PTSD to surface or just minutes after an 'event'.

It is not the intent of Young Diggers to offer a self diagnosis programme but to help make an awareness of the issues associated with this illness.

Loved ones have difficulty coping with the changes in their military member and try to understand. We keep hearing; 'They just don't get it'. I say how can they; 'They haven't been there'. Family members don't and shouldn't try to understand this issue, they should learn how to take care of and help their loved one move forward. To find out more, go to:

<http://www.youngdiggers.com.au/suicide>

The stigma of a mental illness is an issue that needs to go away. We prefer to use the term COMBAT STRESS. **There is no shame or weakness in this.**

There is a very high risk of suicide amongst troops returning from combat. We need to learn the warning signs so we can help prevent any more of these tragedies. Check out our fact sheet:

<http://www.youngdiggers.com.au/suicide-and-ptsd>.

If you are thinking of suicide, and reading this information, part of you is still looking for ways to live and find help. The most important thing to remember is that **help is available**. Talking to someone is a good place to start, even though it may seem difficult. Tell someone today!

- **Tell someone you trust** – you don't have to go through this alone. Tell them how you feel – and that you are thinking of suicide. Ask for help to keep safe.
- **Find someone who will hear your pain and listen to you** about what's happening in your life.
- **Seek support to stay alive** – and get help with painful problems in your life.

If you are contemplating suicide get help now!
Choose safety not suicide – call Lifeline on 13 11 14 (24 hours 7 days)

If you just want to talk to someone who has been there contact:

- John Jarrett: ☎ 0408 196218, ✉ john@youngdiggers.com.au
- Peter Walters: ☎ 0416 108450, ✉ peter@youngdiggers.com.au
- Sherrie Fox: ☎ 0418 631702, ✉ sherrie@youngdiggers.com.au

Young Diggers, PO Box 395, Goodna QLD 4300, Australia
Website: www.youngdiggers.com.au

Advice for all serving and ex-serving military personnel and their families

John Jarrett
President & Welfare Officer
john@youngdiggers.com.au
Mobile: 0408 196218

Peter Walters
Senior Welfare Officer
peter@youngdiggers.com.au
Mobile: 0416 108450

Kevin Shields
DVA Claims Advisor
kevin@youngdiggers.com.au
Mobile: 0433 791452

Sherrie Fox
Secretary & Welfare Officer
sherrie@youngdiggers.com.au
Mobile: 0418 631702

ABN: 65 530 059 921