

Veterans on Symptoms of PTSD

Speaker 1: We all, in the military, a lot of times, think we're the only one. We don't know that there's this big wave of veterans that had been exposed to trauma that can get help.

Speaker 2: Some of the symptoms I had noticed immediately for me were the restlessness, not being able to sleep at night.

Speaker 3: Just being very paranoid of loud noises, jackhammers.

Speaker 4: I was suffering inside and shaking, sweating at night. Just trying to find an answer, you know, to feel comfortable with what my buddies and I went through.

Speaker 5: A lot of the relationships that I had, whether they were romantic, friends, family, were all deteriorating because of my PTSD.

Speaker 6: The things that people don't talk about are, like, forgetfulness, flightiness, just kind of zoning out.

Speaker 7: It was only after I accepted that I had PTSD, that's when I got really involved in my own mental health recovery.

Speaker 4: I went to the VA clinic, and I was assigned a psychiatrist. She really helped me through a lot of the issues that I was facing.

Speaker 8: These classes were for PTSD, to help the veterans to try to overcome their fears and triggers and everything and the tools that you can use to control it.

Speaker 6: Get to the VA and talk to somebody. It will get better.



U.S. Department
of Veterans Affairs

MAKE THE
CONNECTION