



Feeling overwhelmed by Post-Traumatic Stress Disorder?

The Department of Veteran Affairs notes 800,000 post-9/11 veterans with PTSD.

Going from the battlefield to civilian life can be a tough transition. Adjusting to a new normal takes time, effort, and is different for each person. But when feelings of unease persist or even worsen over time, it may be a sign of Post-Traumatic Stress Disorder.

Symptoms include:

- Avoidance of activities, places, or thoughts related to combat experiences
- Increased vigilance, feeling paranoid, or always on the lookout for danger
- Difficulty concentrating or thinking clearly
- Not feeling pain or other sensations
- Feeling detached from others
- Irritability or outbursts of anger
- Flashbacks of traumatic event(s)
- Shutting down emotionally
- General loss of interest
- Panic attacks

Contact ASPIRE.

ASPIRE's services are confidential* and complimentary to students and family members.

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*All information shared with the ASPIRE program is strictly confidential unless student consents otherwise or law requires.

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