COMMUNITY VETERANS PROJECT
★ You're Never Alone ★

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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