

PTS / TBI Committee

Blue Star Mothers of America's Guide to Post Traumatic Stress & Traumatic Brain Injury-

With the return of troops from war zones, the incidences of Post Traumatic Stress (PTS) symptoms are on the rise. Debriefings for troops returning from a war zone usually include information about PTS. However, the troops' families and friends do not automatically receive relevant information on how to identify and deal with their loved one's PTS symptoms, which can include excessive anger, debilitating depression, and suicidal thoughts.

With the hopes of promoting understanding and providing resources for the families of returning troops, Blue Star Mothers of America have prepared a Guide to Post Traumatic Stress. This 16-page document includes basic information to help family members understand and identify PTS, a list of resources, and personal touches in poems and letters written by moms dealing with their sons and daughter's PTS.

[Document](#) [Read Disclaimer](#) --

[Guide to Post Traumatic Stress](#)

[Suicide Prevention Links](#)

[Information](#)

[Books to Read on PTS](#)

[Guide for Families](#)

Guide for Military

Wounds of War

Some wounds of war
Are never seen
They're buried deep within
No open wound
No Purple Heart
No blemish on the skin
But these are wounds
That leave a scar
Upon our very soul
They tear our hearts
Cause misery
And take a heavy toll
Our bloodless wounds
Cause us to ask
Oh GOD, what was it for
We go through life
Not knowing why
We have these Wounds of War

This widget requires the use of javascript!

Disclaimer - We are not medical/mental health professionals nor attorneys. This

information provided is simply to be used for information purposes only. You must contact the appropriate qualified professionals for advice when dealing with the complex and complicated issues surrounding military-related injuries, veterans' benefits and entitlements, military Medical Board process and military Physical Evaluation Board process