

To learn more about PTSD, visit www.ptsd.va.gov,
or www.afi.org/PTSD

PTSD

Post-Traumatic Stress Disorder

I may

- Have to leave before you expect me to
- Be triggered in certain situations
- Have a hard time with loud noises
- Have to sit in a position where I can see and access the exits

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2016 Armed Forces Insurance
National Guard Spouse of the Year

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