

How We Can Help

We have a peer group meeting called Bring Everybody In The Zone (BEITZ). The goal of the group is to help active duty, reserves, guard, veterans, their families and others who suffer from the effects of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Sexual Assault and traumatic experiences in our lives and the lives of those close to us.

We train volunteers who are former services members and spouses to become facilitators who are there to help our service members/veterans and their families deal with the aftermath of trauma in their lives

We have peer group meetings every Monday from 1200-1300 at the Helen Farabee Center on Broad Street and we have an all women group every Tuesday from 1730-1830 at 901 Indiana Avenue.

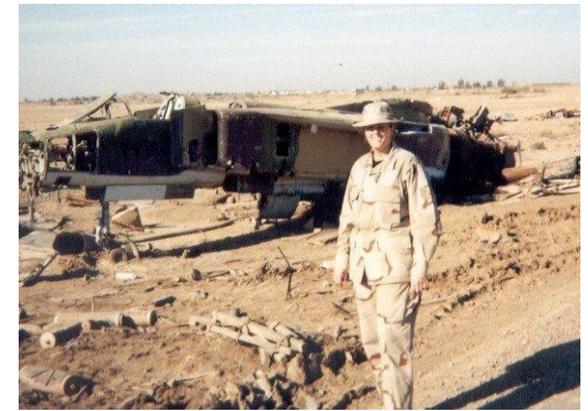
This brochure is provided as a
Community Education Service of



Helen Farabee Centers and the Military Veteran Peer Network

*For information about our Veteran
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Post Traumatic Stress Disorder (PTSD) Veteran's Services



What is Post Traumatic Stress Disorder? (PTSD)

Post-Traumatic Stress Disorder is an anxiety disorder that may occur after exposure to an extremely stressful, threatening or catastrophic event.

Extremely Stressful Events Include:

- Combat
- Torture
- Disasters
- Witnessing violent death
- Life-threatening accidents
- Violent crimes
- Threat of serious injury or death
- Sexual Assault

Symptoms of PTSD

PTSD has these symptoms patterns;

Arousal Symptoms:

- Restlessness
- Sleepless
- Hyper alert
- Unable to relax
- Difficulty concentrating

Intrusive Symptoms

- Mental replays
- Nightmares
- Actual sensation of the event

Avoidance Symptoms

- Shutting of emotions
- Hiding from the world
- Avoiding reminders of the event

Problems

Individuals that have PTSD can develop personal, family, social, and health problems if they don't get help for their symptoms.

Potential Problems

- Panic attacks
- Rage reaction to love ones
- Inability to participate in family life
- Problems with parenting
- Inability to concentrate at work
- High blood pressure
- Chest pains
- Difficulty breathing
- Severe headaches