

SEEKING HELP IS A SIGN OF STRENGTH

Mental health education is as **important** as learning how to stay **safe** on the battle ground.

Post Traumatic Stress –
Recognise the **early** warning signs and **don't** ignore them.

Flashbacks > Nightmares > Insomnia
Fatigued > Agitated > Drinking
Detached > Jumpy > Depression
Stress > Trauma > Grief

RESISTANCE RESILIENCE RECOVERY

Need crisis support now?
Call Lifeline 13 11 14

www.lifeline.org.au/gethelp