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

info@pickingupthepeaces.org.au
pickingupthepeaces.org.au