

Go ñeid şondal!

Kwnthmee Kuu'aavk!

Attention Warriors!

THE MONTHLY SRP-MIC VETERANS NEWLETTER

VETERANS REPRESENTATIVE TEAM THOUGHT OF THE MONTH

Celebrating Independence Day is commonly associated with fireworks, parades, barbecues, and large crowds. While these activities are fun, Veterans, especially combat Veterans living with Post Traumatic Stress Disorder (PTSD), may need support to manage potential triggers. PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. During this kind of event, you may not have any control over what's happening, and you may feel very afraid. Anyone who has gone through something like this can develop PTSD. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event (also called "trauma"). At first, it may be hard to do daily activities you are used to doing, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months. For some people, PTSD symptoms may start later, or they may come and go over time.

JULY HOLIDAYS

Independence Day
July 4th

National Hire A Veteran Day
July 25th

Korean War Veterans
Armistice Day
July 27th

**Korean War Veterans
Armistice Day is a day to
remember the more than
50,000 American troops who
died in the conflict.**

Veterans Services Office
(480)362-7884
veteranservices@srpmic-nsn.gov



Veterans Representative team thought of the month continued...

If it's been longer than a few months and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD.

Who Develops PTSD?

Anyone can develop PTSD at any age. Some factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors—like previous traumatic exposure, age, and gender—can affect whether or not a person will develop PTSD. What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

For more information on PTSD and PTSD providers visit: <https://www.ptsd.va.gov/index.asp>

Do you have your DD214?

If not, contact the veterans representative team to begin the process of obtaining it. This document is needed to receive military benefits.

Veterans Services Office
(480)362-7884
veteranservices@srpmic-nsn.gov



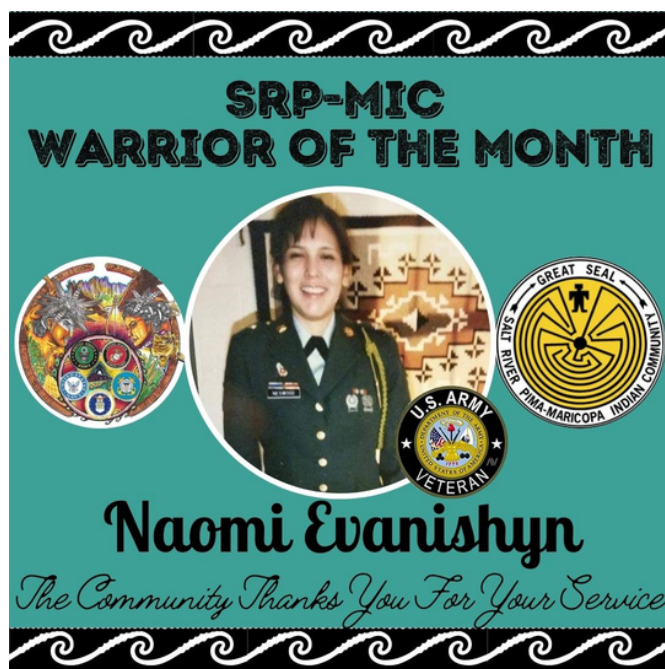
[instagram.com/saltriver_veterans1879](https://www.instagram.com/saltriver_veterans1879)



[facebook.com/srpmicvets](https://www.facebook.com/srpmicvets)



<https://twitter.com/MicSrp>



Service Dates: Feb 1987 – April 1989

Branch: Army

Rank: SP4 E-4

What inspired you to join the military?

My inspiration began when I came across my uncle's Army yearbook, I reviewed that book so many times, I knew I always was going to join...so I decided to enter the service after I graduated from college.

Why did you choose the Army?

After college I needed a job and the Army was ready to sign me up!! I was bummed I had to wait a few months to join, I was ready for my military career.

What is your greatest takeaway from your time with the Army?

The discipline and all the friends I made and continue to contact through Facebook.

What words of encouragement would you give a community member interested in joining the military?

Do it!! I do not regret joining the military, the benefits and the training are great!! The military will always have your back and the benefits earned after Honorary Discharge are the best.

How did the military influence your work ethic?

Being on time! Setting examples for women that the military is not just for men, it's for all. If I could turn back time I would have loved to retire from the military.