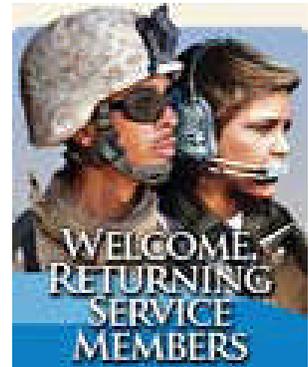


# Is This You?

- Do you feel restless, sleepless, numb, hyper-alert, or jumpy?
- Do you have trouble relaxing, concentrating, or being in crowds?
- Does your family and friends think you are irritable, shutting yourself off from them, angry, or working too much?
- Do you experience flashbacks, replays, or nightmares of your time in combat?
- Have you coped by isolating yourself, dropping out of activities, constantly working, or using alcohol or drugs?
- Have these feelings persisted intensely for longer than 3-4 weeks?



**You are not alone.** Between 20-38 percent of returning OEF/OIF Veterans experience symptoms of combat stress. The percentage increases with increased number of deployments.

Combat stress is not a flaw: it is your brain's reaction to traumatic events. Your brain has interpreted the traumatic events as dangerous and puts your body on alert for future danger. Your brain makes you feel like you are constantly "on the lookout."

Millions of people have recovered from combat stress or have been able to reduce their symptoms to manageable levels. Many treatment options are available with combination therapy being the most effective. Help is available to you.

For additional information, contact:  
**Richard L. Roudebush VA Medical Center**  
**1481 West 10<sup>th</sup> St, Indianapolis, IN 46202**  
**317-988-2153**

**National Information telephone: 802-296-6300**  
**National Web Site: [www.oefoif.va.gov](http://www.oefoif.va.gov)**  
**Local Web Site: [www.indianapolis.va.gov](http://www.indianapolis.va.gov)**