

# THE SILENT ENEMY



## How PTSD damages our soldiers

Ever since the horrors of World War I, doctors have been helping British soldiers suffering with the enduring psychological effects of combat. But even though **Post Traumatic Stress Disorder** is better understood, it's on the rise. And many of the serving or veteran military personnel who are diagnosed fail to receive the clinical or financial support they need.

Here are some of the shocking facts about how PTSD affects our nation's servicemen and women.

### FIRST WORLD WAR



# 65,000

WWI veterans were still being treated for 'shell shock' 10 years later.

### PTSD IN THE U.S. AFFLICTS...



# 31%

of Vietnam veterans.



# 11%

of Afghanistan veterans.



# 20%

of Iraqi war veterans.

### PTSD IN GENERAL



**1 in 3** people develop PTSD after a traumatic experience.

### STRESSFUL SYMPTOMS

**3 main categories of symptom can occur:**

**Intrusive** - Re-experiencing traumatic events

**Avoidance** - Withdrawing inside and avoiding the world

**Hyperarousal** - Increased physical or emotional arousal

### SUICIDE RISKS

**50** serving soldiers and veterans committed suicide in 2012, ten more than died in action in Afghanistan.

#### Suicide



#### Killed in action



### YOUNG SOLDIERS

**Under 18s** are significantly more likely to suffer PTSD when leaving the forces.



**23.4%** of Army intake in 2012 were 18 or younger.

# 23.4%

Soldiers who join at 16 are **2x** as likely to die in Afghanistan as those who join at 18.

# 2x

### EMBARRASSED AND ASHAMED

# 3x

In the field personnel are **3x** as likely to admit symptoms if asked anonymously.

# 93%

Over **93%** of Veterans are ashamed or embarrassed about their mental health problems.

# 13

On average personnel suffer for **13 years** after discharge before seeking help.



### PARALLEL PROBLEMS



**62%** of sufferers also have current or past alcohol or drug problems.

### THE FORGOTTEN MINORITY

**27%** of personnel without enough symptoms for diagnosis still have daily life seriously impaired.

# 27%

Only **1/5th** of reports include these 'sub-threshold' cases

# 1/5

### DIAGNOSES

# 11,000

serving military personnel diagnosed with conditions including PTSD.

# 273

reports of PTSD in 2012.

# 12%

rise in cases predicted each year until at least 2018.

### COUNSELLING WORKS



# 3/4

**3/4** of UK Veterans on average resolve symptoms with counselling