

**WARNO: Future Leaders and Recruits, Unit Leaders, and NCO's we need your help.**

No one can predict who will struggle with issues resulting from service to our Country, but what we can do is provide a safe means for them to come forward and get help. YOU have the power to change the mindset. Eliminate the stigma, promote early detection and treatment and show the world that a real warrior is someone who is brave enough to fight and serve when called upon, and also someone who is brave enough to step forward for help when they need it.

**Here are the numbers you need to know:**

1 in 8 Iraq/Afghanistan service members report symptoms of PTSD, this doesn't even account or consider the many who "fall off the grid." Actual numbers are probably as high as 1 in 4.

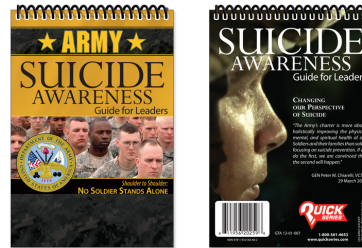
Veterans and Active Duty Suicides are epidemic. 22 a day, every 60-80 min, and over 8000 a year!



**RESOURCES:**

All of these resources and more can be accessed through the PTSD Info and Links pages at [www.summitforsoldiers.org](http://www.summitforsoldiers.org)

**The Army Suicide Awareness Guide for Leaders:**



You can order through your unit, or download the mobile app by typing this link into your mobile browser: [qsp.mobi/jsm47akg](http://qsp.mobi/jsm47akg)

**Leaders Guide for Managing Marines in Distress**



Access Online or order Quick Books at: <http://www.usmc-mccs.org/leadersguide/index.htm>

**SF86 Security Clearance, Question 21**  
There are now changes, check on the latest instruction.



[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**The Defense Center of Excellence**



<http://www.dcoe.health.mil/>

Follow the menus to download and print these useful fact sheets:

- Dispelling the Myths About Post-Traumatic Stress Disorder
- PTSD, What Unit Leaders Need to Know.
- Coping after a Suicide

**PTSD Coach Mobile App:**



Download at:

<http://www.ptsd.va.gov/public/pages/PTSDCoach.asp>

## Changing the Mindset Starts with You!

Many of our military's heroes admit to having issues with PTS, but they have learned that the best way to deal with it is to tackle the issue head-on, get treated and get back into the fight!

As a Unit Leader you need your team to be:

- Responsive
- Dependable
- Efficient
- Focused
- Safe

All of these things and more are compromised by untreated PTS and TBI, which is the result of a stigma-inducing environment.

### FORCE MULTIPLICATION

PTS is now recognized as an injury, so let's treat it as such. If our troops get injured, we demand quick and immediate attention, and not just for their sake, but for the sake of the unit to return to its maximized efficiency as quickly as possible.

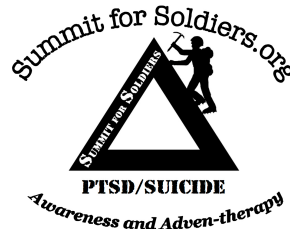
Untreated PTS is not just a risk to the member; it puts the unit and the mission at jeopardy. Fear of consequences and stigma are the biggest obstacles for most members. We need to eliminate these threats. PTS can be treated successfully, especially if detected early, and most folks can return to full duty with out limitations.

- Kill the Stigma.
- Train your team to: Understand the Mechanism of Injury, the signs and symptoms, and where to turn for help.
- Early Detection and Treatment is key. Encourage your troops to come forward if they are struggling.

**LIKE** us on **Facebook** at  
[www.facebook.com/summitforsoldiers](http://www.facebook.com/summitforsoldiers)

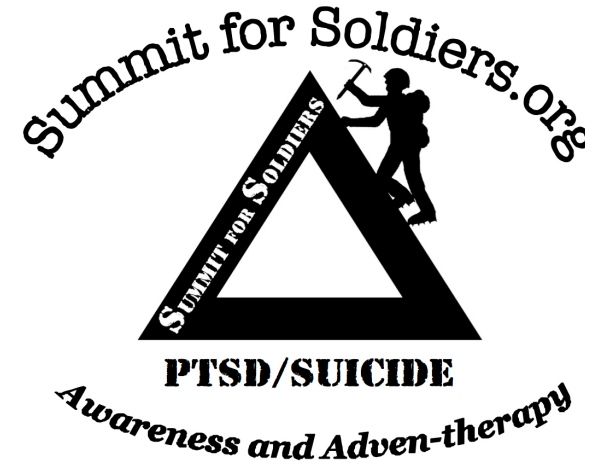
For more information contact us at:  
**info@summitforsoldiers.org**

*(Summit for Soldiers is a 501(c)(3) organization of combat veterans bringing Awareness to PTS/Suicide, connecting resources, and providing a therapeutic adjunct through Mountaineering/Adventure programs for veterans and their families through our Veterans Mountaineering Club.)*



**www.SUMMIT FOR SOLDIERS.org**  
**501 (c)(3) organization**

## UNIT LEADER RESOURCE GUIDE



Awareness...

Simplicity...

Encouragement...

Information, Resources, and Things you  
can do to help.

**www.SUMMIT FOR SOLDIERS.org**  
**501 (c)(3) organization**