

**PTSD '2'** is designed and intended for the spouses and families of the veteran who returns home a changed person, one that his/her family does not recognize. It is envisioned to bring awareness to the existence of Secondary PTSD and to the symptoms associated with it.

Negative feelings may be associated with Secondary PTSD affecting the lives of everyone in the family

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**PTSD '2'** is solely a "peer to peer" group that supports one another.

**PTSD '2'** is not counseling or treatment, rather it is intended to bring awareness, understanding and support to those that attend.

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*Maybe you have had success with a certain tone of voice, a shared special thought; maybe just a smile to cross that first mile?*

*Give yourself permission to be less than perfect for a while.*

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Ability is what you are capable of doing:

- Motivation determines what you do.
- Attitude determines how well you do it.

~ Lou Holtz

**If you feel that a peer support group is not for you but feel that you need help, please do not hesitate to seek professional mental health assis-**

**Crisis Line: 1 - 800 - 273 - 8255**

**Supported by:**



***A special thank you to Vietnam Veterans of America, Chapter 47, Riverside, CA. for the printing of the PTSD '2' brochure.***

***Together Always***

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***If you are interested in learning more about the PTSD '2' program contact us at: [ptsd2@avva.org](mailto:ptsd2@avva.org)***

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***A Peer Support Group for Family & Friends***



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***PTSD '2'***

***Peer support occurs when people provide knowledge, experience, and emotional, social, and practical support to each other.***

***We can relate to others who are in a similar situation, because ~ we care!***



***Together Always***

**Secondary PTSD** is not a disorder that is recognized in the Diagnostic and Statistical Manual of Mental Disorders. However, if you live or have lived with someone who suffers from PTSD, you may notice that you are beginning to mirror some of their behaviors.

In order for us to understand Secondary PTSD, we have to understand PTSD.

**Contact us;** we have experienced Secondary PTSD and understand.

### **PTSD Definition**

PTSD is a disorder that develops in some people who have seen or lived through a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it.

This fight-or-flight response is a healthy reaction meant to protect a person from harm.

Nearly everyone will experience a range of reactions after trauma, yet most will recover from initial symptoms naturally.

Those who continue to have problems may be diagnosed with PTSD.

People who have PTSD may feel stressed or frightened even when they are not in danger.

-National Institute of Mental Health

We will never be able to fully understand what our loved one has been through or may be going through, but we know that having PTSD can be a scary and difficult time.

**We understand that having PTSD does not mean "crazy."**

**We also understand that having Secondary PTSD does not mean "going crazy."**

Caregiving may be one of the greatest gifts we have to give a loved one, but it can also be one of the most demanding.

**As caregivers, we want to help.**

*Like PTSD, seeking help*

*for Secondary PTSD is*

*trying to solve a problem,*

*not a sign of weakness.*



Caregiver burnout is a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude from positive and caring to negative and unconcerned.

### **You May Become a Caregiver - If:**

- You are constantly watching for people or circumstances that might "set him/her off."
- You try to make sure everything stays calm - that nothing upsets your loved one.
- You are walking on eggshells.



### **Do you?**

- Have no one to comfort you when you feel bad?
- Handle all the household chores yourself?
- Feel like you have to make all the decisions?
- Go to bed – worn out?

**If so, please contact us at**  
**[ptsd2@avva.org](mailto:ptsd2@avva.org)**