

I am by no means a psychologist or psychiatrist but am going to try to put in perspective the combat vets way of dealing with situations.

PTSD has been around in every war, all, even the revolutionary war and up to the present.

Times of war are very stressful for the Soldier and his or her family. But those that are involved with this, the Soldier needs support from the family.

When they leave to go to a place that has a conflict it is very stressful for them as they may not come back and they know this.

That in itself is enough to cause a traumatic event for them. We are all made up different and some can handle situations better than others.

The families that have their kids in the war will see a difference in them when they get back. This is for sure. They will be stand off to themselves or put on a false front. They do not trust anyone or anybody except those they know that have their back. Normal, but they need to seek help to be adjusted back into the real world. This will take time.

If you should see any dangers to the vet you need to get them to a VA now and get them help. I know the VA is not doing very good now but demand that they help this person. Do not let this pass as it may turn into suicide.

Combat people can not and will not tolerate any sympathy but do need help. Anything that upsets one fresh from a zone will be very jumpy, nervous or just want to be alone, and this is not good.

Do not pressure them to talk and keep activities to a minimum, let them adjust to the new environment.

Loud noises is a no no, do not touch when sleeping, just call name and no sneak attack to the ribs or butt as you may wind up with a broken nose.

Some can not stand activity such as 4th of July fireworks or small to large groups of people.

Only time will help them if they seek help, it will not heal the invisible wounds of PTSD.