

**Post Traumatic Stress Disorder (PTSD)  
And  
Operational Stress Injuries (OSI)**

Are you at risk?

A traumatic experience leaves the mind and body in shock. This is normal. As you make sense of what happened and work through your emotions, you come out of it.

With PTSD, you get stuck in a state of psychological shock. Your memory of what happened and your feelings about it stay disconnected. You can't move on until you face your memories and emotions.

With OSI, anxiety problems develop that may worsen and can include depression.

Suffering from PTSD and/or OSI  
**IS NOT A SIGN OF WEAKNESS**



**Project New Hope Canada Inc.**  
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**WHY SEEK HELP?**

Early treatment is best because symptoms may worsen. Better outcomes can be achieved by learning about where to look for help, what kind of questions to ask, and what treatments are right for you.

Symptoms may change and get in the way of your family life. You may find yourself pulling away from loved ones, that you aren't getting along with people, or that you sometimes feel angry, or even violent. Getting help can give you the tools to rebuild personal connections.

Studies have shown a correlation between emotional difficulties and the development of other health problems. By addressing emotional health concerns, your physical well-being may also improve.

**CAN WE HELP?**

For more information on Project New Hope Canada Inc., for creating your own chapter, or just to talk, please contact us:

**PROJECT NEW HOPE CANADA, INC.**  
P.O. BOX 178

TEULON, MANITOBA R0C 3B0  
info@projectnewhopecanada.com  
www.projectnewhopecanada.com

**PROJECT NEW HOPE**

*"New Hope...New Life"*

[www.projectnewhope.net](http://www.projectnewhope.net)  
US Department of Veterans Affairs -  
<http://www.va.gov/>

Confidentiality Assured



**Project New Hope Canada Inc.**  
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**PROJECT NEW HOPE CANADA**

We are a not-for-profit, non-political, educational and humanitarian organization. Our mission is to provide military veterans and their families education, training, and skills necessary to manage their lives after operational service, through the provision of family retreats, seminars and workshops by:

- Creating activities and programs for veterans and their families
- Aiding in the establishment of provincial and territorial chapters in Canada where requested
- Subscribing to the highest of ethical standards and principles relating to the implementation of support programs for our veterans and their families

Signs and Symptoms of  
Post-Traumatic Stress Disorder  
(PTSD)



and  
Operational Stress Injuries (OSI)

The symptoms of PTSD and OSI can arise suddenly, gradually, or come and go over time. Sometimes symptoms appear seemingly out of the blue. At other times, they are triggered by something that reminds you of the original traumatic event, such as a noise, an image, certain words, or a smell.

While everyone experiences PTSD / OSI differently, there are three main symptoms:

- Re-experiencing the traumatic event (while asleep or awake)
- Avoiding reminders of the trauma
- Increased anxiety and emotional response

Other symptoms may include:

- feeling sad, tearful, hopeless, depressed, angry and/or guilty
- change in personality
- difficulties with concentrating
- disorientation and/or memory problems
- sleep disturbances or excessive alertness
- easily startled
- trouble controlling moods
- difficulties with relationships
- increased consumption of alcohol or abuse of other substances

“In War, there are no uninjured soldiers...”

José Narosky

WE'RE HERE TO HELP YOU BUILD  
CONNECTIONS

Our workshops are designed to help you,  
your family and loved ones reconnect.

We'll help you to:

Explore your thoughts and feelings  
about the trauma

Work through feelings of guilt,  
self-blame, and mistrust

Learn how to cope with and  
control intrusive memories

Address the problems that PTSD  
and/or OSI are causing in your life and  
relationships.

A VARIETY OF WORKSHOPS WILL BE  
AVAILABLE AT DIFFERENT TIMES

The Wheel of Life Inventory  
Creative Expression  
Self Care  
Self Care Tool Box  
Relaxation Techniques, Meditation, Etc.  
Stress Reduction  
Sleep Solutions  
Problem Solving Process  
Money Management  
Intimacy  
Communication  
Anger Management  
Veteran Affairs Services Available -  
American/Canadian  
Children's Activities - retreat activities  
Children - counselling

PROJECT NEW HOPE CANADA

We seek to provide veterans and their families  
an environment that respects and honours their  
sacrifices and service. We respect the military  
cultures.



Positive ways of coping with  
PTSD and/or OSI

AVOID ALCOHOL AND DRUGS

Confide in a person you trust  
Spend time with positive people  
Learn about trauma (PTSD and OSI)  
Join a support group  
Practice relaxation techniques  
Make healthy sleep patterns a priority  
Stay physically active

Our goal is to allow you to recognize and  
develop skills to cope with your particular  
stressor(s).



Project New Hope  
Canada, Inc.  
is recognized by  
Lions Clubs International

