

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

Are you at risk?

Traumatic experiences may leave the mind and body in a state of shock.

Suffering from PTSD and/or OSI

IS NOT A SIGN OF WEAKNESS

Once you make sense of what happened and work through your emotions you can regain health and life functionality, however with PTSD you may get stuck in a state of psychological shock. Your memory of what happened and your feelings about it may become disconnected.



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

José Narosky

Signs and symptoms

PTSD and OSI can arise suddenly, gradually, or come and go over time. Sometimes symptoms appear seemingly out of the blue. Other times they are triggered by something that reminds you of the original traumatic event. Common triggers include noises, images, smells, or certain words.

The Main Symptoms:

- Re-experiencing the traumatic event while awake or asleep
- Avoiding reminders of the trauma
- Increased anxiety and emotional response
- Feeling sad, tearful, hopeless, depressed, angry and/or guilty
- Change in personality
- Difficulties in concentration
- Easily startled
- Trouble controlling moods
- Difficulties with relationships
- Increased consumption of alcohol or abuse of other substances
- Sleep disturbances or excessive alertness

Why Seek Help

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

Symptoms may worsen and get in the way of your life. You may find yourself pulling away from loved ones, not getting along with people, sometimes feeling angry or even violent. Getting help can give you the tools to rebuild personal connections.

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

A traumatic experience may leave the mind and body in shock resulting in PTSD and/or OSI.



We're here to help you build connections

Our services are designed to help you, your family and loved ones to reconnect. We are here to help you address the problems PTSD and/or OSI are causing in your life and relationships.

A VARIETY OF WORKSHOPS CAN BE MADE AVAILABLE AT DIFFERENT TIMES:

The Wheel of Life Inventory

Creative Expression

Self Care Tool Box

Self Care

Relaxation Techniques and Meditation

Stress Reduction

Sleep Solutions

Problem Solving Process

Money Management

Intimacy

Communication

Anger Management

Veteran Affairs Services available

Children's Activities—Retreat Activities

Children's Counselling

Project New Hope Canada, Inc.

You Served ♥ We Care

Project New Hope

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



Positive Ways of Coping With PTSD & OSI:

AVOID ALCOHOL AND DRUGS

- Confide in a person you trust
- Spend some time with positive people
- Learn about trauma (PTSD & OSI)
- Join a support group
- Practice relaxation techniques
- Prioritize sleep
- Stay physically active

Our goal is to help you to recognize and adjust your life to reduce your particular stressor(s)



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PROJECT NEW HOPE CANADA, Inc.

We are a not-for-profit, non-political, educational and humanitarian organization.

Our mission is to provide all 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.

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