

Learning from a Veteran's Story

• ANGER

- Directed at the Armed Forces
- 'Civvy Street'
- Significant Others
- Self

• DEPRESSION

- Lack of motivation
- Reduced activity levels

Length of service
Reason for leaving
Transition to Civvy street

Trauma -
Pre, During and Post Military Service -
Trauma Symptoms

• CONFUSION

- Am I going mad?
- What's happening?
- Labeling self a 'failure' or 'Weak' ?

Emotional Resilience
Coping Strategies
Problem Solving Skills

Support Network
Physical Health
Hobbies & Interests

• ISOLATION

- Real
- Perceived
- Avoidance
- Lack of structure

