

You save lives on the
front lines.
You witness trauma
most can't imagine.

*The battles don't have to
come home with you.*



VIENNA
MISSION FOR
UKRAINE



<https://vm4u.org/psychological-support/>

Recognizing and Managing PTSD: A Guide for Frontline Medics

Warning Signs of PTSD

- Constant anxiety, a feeling of being on edge, difficulty relaxing.
- Flashbacks and intrusive thoughts.
- Emotional numbness.
- Mood swings and irritability.
- Trouble sleeping.



How It shows up

This creates a heightened stress response, making even small conflicts overwhelming.



Memories of traumatic events can suddenly surface, causing strong emotional reactions that seem out of place in the present moment.



A person may withdraw, feeling disconnected from loved ones, unable to experience joy, love, or even sadness in a normal way.



The brain remains stuck in a state of high alert, making patience and emotional control much harder.



Insomnia, nightmares, and restless sleep make recovery even more difficult, leading to exhaustion and further emotional detachment

Know these warning signs and remember:

- **These symptoms can manifest at any time, even months or years after the traumatic event.**
- **Recognizing these symptoms in yourself or your colleagues is the first step towards seeking help.**
- **It's not a sign of weakness to experience PTSD. It's a normal reaction to abnormal circumstances.**
- **Help is available. Please reach out to psych@vm4u.org for more information**