



**MILITARY ORDER OF THE PURPLE HEART  
NATIONAL HEADQUARTERS**

5413-B Backlick Road, Springfield, VA 22151

**FOR IMMEDIATE RELEASE**

**MEDIA CONTACT:**

Jon Pushkin, Pushkin Public Relations

[jon@pushkinpr.com](mailto:jon@pushkinpr.com)

303-733-3441

**New treatments and resources for PTS help veterans heal**

*Congress designates June as PTSD Awareness Month.*

**WASHINGTON, D.C.**, June 16, 2014 – As the number of veterans returning home with Post-Traumatic Stress (PTS) continues to rise, new treatments and resources are helping veterans get their lives back after combat. In fact, Congress named June “[PTSD Awareness Month](#)” for a timely reason -- to spread the word about the emotional, physical and educational support and treatments for veterans and their families who might be unprepared to deal with some of the symptoms, such as pain, nightmares, detachment, irritability and insomnia.

Two million Americans have served in Iraq and Afghanistan, and more than 20 percent of them are estimated to have PTS. As veterans organizations and health care professionals develop new services and therapies to treat PTS, many in the military community are starting to drop the “D” for Disorder in PTSD. The abbreviated language is intended to help the healing process.

According to Jim Blaylock, president of [Military Order of the Purple Heart Service Foundation](#) (MOPHSF), and a Vietnam veteran who earned three Purple Hearts and lost his right hand and forearm, “The symptoms of PTS can hit you right away, or they may not show up until years after combat. The explicit memories can catch you off guard, anytime and anywhere, which affects your family, work and personal life.”

According to the U.S. Department of Veterans Affairs, there are four types of [symptoms](#) that can disrupt daily activities:

1. Reliving the event (also called re-experiencing symptoms)
2. Avoiding situations that remind you of the event
3. Negative changes in beliefs and feelings
4. Feeling keyed up (also called hyperarousal)

Blaylock recalls the pain of PTS and salutes the progress he made personally – and that veteran organizations are making professionally toward treatment and support.

“More than ever, government agencies and veterans organizations are showing their commitment to helping PTS patients get their lives back,” said Blaylock. “With help and support, veterans can master stressful situations and control those memories. And by connecting a friend or family member to a helpful resource, everyone can have a role in healing.”

The list of PTS [resources](#) includes programs and services from the [U.S. Department of Veteran Affairs’ Center for PTSD](#), the [Military Order of the Purple Heart Service Foundation](#), the [National Institute of Mental Health](#), the [Mayo Clinic](#) and many other caring organizations. In addition, many books share stories about overcoming PTS, such as [Tears of a Warrior: A Family’s Story of Combat and Living with PTSD](#).

The advice is universal: help is available. Visit [www.PurpleHeartFoundation.org](http://www.PurpleHeartFoundation.org) for ways to help and impact the lives of veterans, while honoring their sacrifice.

### **About the Military Order of the Purple Heart Service Foundation (MOPHSF)**

The [Military Order of the Purple Heart Service Foundation](#) provides emotional, physical, educational and financial support for wounded and disabled veterans, to help improve their lives. [Programs](#) include suicide prevention, support for veterans with brain injuries, counseling for Post-Traumatic Stress (PTS) and assistance for women’s health issues – all common challenges for veterans. The Purple Heart Service Foundation provides scholarships, family assistance, claims assistance and employment training. Family members also get support, learning how to help disabled veterans to cope with their physical, emotional and behavioral challenges. For more information, visit [www.PurpleHeartFoundation.org](http://www.PurpleHeartFoundation.org).

### **About the Military Order of the Purple Heart (MOPH)**

Chartered by Congress in 1958, the Military Order of the Purple Heart is composed of military men and women who received the Purple Heart Medal for wounds suffered in combat. Although its membership is restricted to the combat wounded, MOPH supports all veterans and their families with a myriad of nation-wide programs by Chapters and National Service Officers. For more information, visit [www.PurpleHeart.org](http://www.PurpleHeart.org).

# # #