

COMBAT STRESS AND DEPRESSION



Strong feelings associated with the stress of combat are normal. But coping with these feelings can be draining. Both the mind and body can begin to feel overwhelmed. You may struggle with feeling sad, angry, scared or numb. This is called “Combat Stress.” It’s real and if these feelings don’t go away, or if they get worse, it’s smart to take action and seek professional help.

Service women and men who once felt ready to deal with the stress of combat may start to feel they can no longer deal with anything. Their image of themselves may begin to change and the loss of confidence can lead to depression.

Depression is a REAL ILLNESS. It changes your body chemistry and is as serious as pain from a physical combat injury. **Here are some common signs of depression:**

- * **Feeling sad most of the time.**
- * **Losing interest or pleasure in things you use to enjoy.**
- * **Poor appetite, or eating too much.**
- * **Sleeping too little, or too much. Feeling tired all the time.**
- * **Feeling guilty, hopeless, ashamed, or like you don’t measure up.**

Transitioning from military life to civilian life, and to college life, can be challenging. However, supportive friends and family members can help make it easier. The NDC Counseling Center is here to assist all veteran students at NDC who may be struggling with stress, including transitioning back to college, as well as symptoms of depression or anxiety. You can contact us via email at ndccounseling@ndc.edu or by phone at **216-373-6459** to set up a time to meet with one of the counselors on staff. **Remember – WE’RE HERE TO HELP.**

If you have thoughts of suicide or harming yourself in any way – SEEK HELP IMMEDIATELY!

Where you can find help:

NDC Counseling Center Emergency On-Call (24/7 free and confidential help for NDC students in crisis)
216-373-7199

Unit Chaplin or healthcare provider

National Suicide Prevention Lifeline (24/7 free and confidential help for anyone in suicide crisis)
800-273-8255

Military OneSource (24/7 information by phone or online for military personnel and their families)
800-342-9647
www.MilitaryOneSource.mil