OVERVIEW OF COMMON MENTAL HEALTH ISSUES IN VETERANS

Veterans are exposed to excessive stress and trauma whether they participate in combat or never leave the country. As a result, their brains and bodies are subject to the ongoing effects of stress and trauma including dysregulation of the fight or flight response. Veterans therefore have an increased prevalence of many related disorders including:

- Post Traumatic Stress Disorder (PTSD)
- Anxiety disorders
- Depression
- Sexual Dysfunction
- Alcohol and Substance Abuse Disorders, and
- Traumatic Brain injuries
- Chronic Pain

We will examine each of these disorders as they occur in Veterans and discuss the many treatments available including:

- Psychological Treatments
- Lifestyle Medicine
- Medications
- Electrical and Magnetic Stimulation Therapies (Neuromodulation)
- Complimentary and Alternative
- Research-based treatments on the horizon
- Multidisciplinary approaches