

Veterans of the Persian Gulf War and Global War on Terror

GULF WAR ILLNESSES
POST TRAUMATIC STRESS DISORDER
TRAUMATIC BRAIN INJURY

Unseen Injuries Medical Information for Combat Veterans

**SUICIDE PREVENTION LIFELINE**
Are you, or someone you love, at risk of suicide? Who Should Call? Anyone, but especially those who feel sad, hopeless, or suicidal
- Call to speak with someone who cares
- Call if you feel you might be in danger of hurting yourself
- Call to find referrals to mental health services in your area
If you or someone you care about is in crisis, call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** and press 1.
Your call is free and confidential.

**POST TRAUMATIC STRESS DISORDER (PTSD)**
If you are a veteran who believes you may be experiencing symptoms of PTSD, contact your local VA mental health clinic. Resources are available online from the National Center of PTSD
www.ncptsd.va.gov

**NOTICE**
This information is based on applicable federal and state laws, administrative rules, and policies and procedures of the Oregon Department of Veterans’ Affairs (ODVA). The conditions and requirements described are current at the time of printing, but subject to change. If such change should take place after the pamphlet is printed, the statements in the pamphlet are not binding on the Oregon Department of Veterans’ Affairs.

The Oregon Department of Veterans’ Affairs intends to comply with the Americans with Disabilities Act (The ADA), PL101-336. The ADA provides that no qualified person with a disability shall be kept from participation in (or be denied a benefit of) the services, programs, or activities of ODVA because of that disability. For additional information or how to file a complaint, please contact ODVA’s ADA coordinator. This information is also available in alternate formats, upon request.

OREGON DEPARTMENT OF VETERANS’ AFFAIRS
JIM WILLIS, DIRECTOR

SALEM OFFICE
700 SUMMER STREET NE
SALEM, OR 97301-1285
Telephone 503-373-2085
Toll Free 1-800-692-9666
TTY Only 503-373-2217

PORTLAND OFFICE
1220 SW 3rd AVENUE
SUITE 1610
PORTLAND, OR 97204-2822
Telephone 503-412-4777

**SUFFERING IN SILENCE**
Some veterans return home with injuries that are obvious to everyone. Others may suffer silently, because their injuries are real but are not seen by others.

**TAKE THE FIRST STEP**
We take great pride in our role as advocates for Oregon’s veterans, their families and survivors. Oregon has a long and well-established history of respect for those who have served our state and nation with courage, dedication and honor. If you or your loved one either served in the Persian Gulf War, or recently returned from the Global War on Terror, this information may be important to you.

Remember, as a war veteran, these are earned entitlements and in some cases, must be used within certain time limits. ODVA strongly encourages you to seek the advice and counsel of an accredited Veteran Service Officer to represent your interests before filing a claim or enrolling in the VA medical care program.

From helping veterans obtain earned medals and military awards, to filing claims for education benefits, ODVA is here with you every step of the way.
Reclaim your career, your life and your future

**REACHING OUT FOR HELP IS COURAGEOUS**

Persian Gulf War Vets Hotline 1-800-PGW-VETS
Every VA Medical Center has a team standing ready to welcome OIF/OEF service members and help coordinate their care.
VA Medical Care – 1-877-222-8387
Veteran Benefits – 1-800-827-1000

To whom much is given, much is expected.

“It’s time we made everyone in uniform aware that the act of reaching out for help is, in fact, one of the most courageous acts and one of the first big steps to reclaiming your career, your life and your future.” -- Admiral Mike Mullen, United States Navy, Chairman Joint Chiefs of Staff

unseen signature wounds

Multisymptom conditions exist for veterans with military service in the Southwest Asia theater of operations during the Persian Gulf War. Veterans of the Global War on Terror (GWOT) may suffer from similar illnesses. Post Traumatic Stress Disorder (PTSD) results from a veteran having experienced the trauma of combat or other life-threatening events. Traumatic Brain Injury (TBI) occurs when the head is struck with enough force to damage brain cells. An array of symptoms exist for each unseen injury.

recognize the symptoms and begin recovery

GULF WAR ILLNESSES
Neurological Signs and Symptoms
Muscle and Joint Pain
Skin problems
Sleep Disturbances

TRAUMATIC BRAIN INJURY
Being dazed, confused, or “seeing stars”, not remembering the injury, losing consciousness (knocked out)
Headaches, pain, dizziness, fatigue, spasticity, seizures, and sleep disturbances.

POST TRAUMATIC STRESS
Nightmares and Flashbacks
Insomnia and Irritability
Hyper-Vigilance
Excessive Startle Response

SCHEDULE AN APPOINTMENT
If you are a veteran who believes you may be experiencing symptoms of any of these unseen injuries, contact your local VA medical clinic.

OREGON DEPT. OF VETERANS’ AFFAIRS
SERVING VETERANS, SPOUSES, AND DEPENDENTS SINCE 1945
www.oregon.gov/ODVA............................1-800-692-9666
TTY ..............................................................503-373-2217

VET CENTERS
READJUSTMENT COUNSELING PROVIDED TO COMBAT VETERANS
www.veterancounseling.va.gov ..............................1-866-496-8838

U. S. DEPT. OF VETERANS AFFAIRS
MEDICAL CENTERS AND CLINICS THROUGHOUT OREGON
www.va.gov .............................................1-800-827-1000
TTY ...........................................................1-800-829-4833

GLOBAL WAR ON TERROR VETERANS
WELCOME RETURNING SERVICEMEMBERS OF GWOT
www.oefoif.va.gov .....................................1-877-222-8387

PERSIAN GULF WAR VETERANS
INFORMATION FOR GULF WAR VETERANS AND FAMILIES
www.va.gov/GulfWar .......................... 1-800-PGW-VETS

VOCATIONAL REHABILITATION
SERVICES FOR VETERANS WITH SERVICE-CONNECTED INJURIES
www.vetcenter.va.gov .............................1-866-267-7683

GI BILL
PROVIDES UP TO 36 MONTHS OF EDUCATION BENEFITS
www.gibill.va.gov ......................................1-888-442-4551