

Ep 2: How PTSD is different from other VA mental health disability claims

10 Point Checklist

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Ways for friends or family to support Veterans and what Veterans can do to support their mental health with this **10 point checklist**.

Winning Your VA Benefits



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10 Steps You Can Take Today

Ways for friends or family to support Veterans and what Veterans can do to support their mental health with this **10 point checklist**.

- Release the stigma on mental health issues. Mental illness is not a sign of weakness. There is help readily available, and people who are suffering shouldn't be discriminated against for it.
- Be more aware of the underlying symptoms of PTSD. Sometimes these symptoms don't surface right away. It may take months, even years, after deployment for a Veteran to experience some of the signs.
- Help Veterans seek mental health treatment. It's a challenge to admit they're undergoing mental health issues. Encouraging them to try counseling and therapy may be a life-saver.
- Do more research and raise more awareness about PTSD. One of the major roadblocks in treating mental health issues is the lack of education about it. When friends and families know more about PTSD, they become a better support system.
- Encourage Veterans to find a support group. As someone who cares for them, sometimes it isn't easy to make a connection with them. Having them meet others who've been through something similar helps fill the gap of emotional support.
- Remain patient and stay hopeful in recovery. Overcoming PTSD is no easy bout, but things get better and work out in the end eventually. At the moment, it's essential to focus on the present and take baby steps to heal.
- Help a Veteran check their physical health, too. Physical fitness plays a massive role in one's mental health. It's beneficial to make sure their physical wellbeing is in good shape.
- Assist Veterans in developing medical evidence that supports their mental health claim. Suffering from PTSD during and even after their service may garner enough support as long as their claims are correct and complete.
- Motivate Veterans to remain physically active. Exercise is a great way to boost your mood. On top of that, proper breathing exercises help relieve anxious feelings.
- Seek help from [Vet Comp & Pen Medical Consulting](#) to learn more about the implications of PTSD treatment.

To view the transcript, resource links and listen to the podcast, visit:

vetcompandpen.com/episode-2-How-PTSD-is-Different-From-Other-VA-Mental-Health-Disability-Claims