

PTSD: The New Battlefield

Constant anxiety, endless medication, and an uncontrollable feeling of distress; these are some of numerous symptoms individuals suffering from Post-Traumatic Stress Disorder (PTSD) deal with every day. Many men and women risk their lives to keep their country and people safe. For everything they do, they should be given the best monetary and psychological help available when they come back from battle, however, this is not the case. I do not know anybody personally that suffers from PTSD, but after watching a documentary called "Poster Girl" I do not believe that returning troops receive the proper care for PTSD.

PTSD is defined as "an anxiety disorder that some people get after seeing or living through a dangerous event" (NIMH). Natural disasters, as well as man-made disasters such as a war, are common events that trigger an individual to enter a state of emotional instability. People suffering from PTSD present emotional aftershock, grief, depression, distress, and later on develop more severe symptoms such as hallucinations which cause difficulty sleeping, and/or angry outbursts (NIMH).

The documentary "Poster Girl" follows the life of Robynn Murray over the course of two years as she struggles to defeat the obstacles she faces due to PTSD after coming back from the war (Gottesdiener). What surprised me most was that instead of coming home to relax and get over what she had been through, Robynn struggles with a Veteran's Affairs office that refuses to recognize her disease as well as the constant phone calls from a debt collector. The only thing any returning soldier should care about is spending time with the family they have not seen in months and try to get his/her life back on track; it was shocking that Robynn spent more time and effort searching for help than enjoying being home. I believe that Robynn is only one of hundreds, if not thousands, of veterans struggling with agencies that are supposed to be there exclusively to help these incredible men and women.

Government needs to take serious action regarding the well-being of its soldiers. The only reason these people are suffering from PTSD is because they were sent to serve and protect their country against those who threaten the safety of its citizens. The service these individuals provide is priceless because they go in knowing they could lose their lives to keep many, many more alive. This is why it is ridiculous that when they come home they are faced with so many obstacles when seeking psychiatric and monetary help. Agencies are not the problem, it is the funding they receive from the government that is not enough and so they have to turn down many of the veterans that come in for help. I know that the economy is the worst it has ever been, but instead of pulling money from school programs and probably programs dealing with veterans' benefits, government should find a way to create more jobs so that money flow increases. It will not be until government resolves its issues and prioritizes on the subjects that truly matter that these veterans will receive ^{the} that treatment they deserve to fight a disorder as consuming as PTSD.

References

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