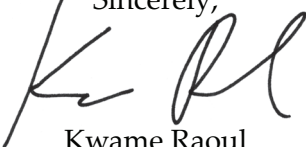


A Message from
ILLINOIS ATTORNEY GENERAL
KWAME RAOUL

Traumatic stress is a serious condition caused by exposure to a disturbing event. You may be experiencing traumatic stress if your stress response to trauma is long lasting and causes disruptions in your life.

In the military, service members are exposed to many events that can cause traumatic stress, such as physical, emotional or sexual trauma to themselves or their fellow service members. Regardless of the source, there are many resources to help veterans to ensure they can live happy, healthy and productive lives.

If you are a veteran suffering from traumatic stress, you have rights under the Americans with Disabilities Act and similar state laws. These laws protect your rights in many ways, including ensuring access to employment and other accommodations. If you need help or believe your rights may have been violated, I urge you to contact my office's Military and Veterans Rights Bureau at 1-800-382-3000.

Sincerely,

Kwame Raoul
Illinois Attorney General



KWAME RAOUL
ILLINOIS ATTORNEY GENERAL

For more information concerning military and veterans rights, please contact us or visit our website.

**Military and Veterans Rights Bureau
Main Page**

[www.illinoisattorneygeneral.gov/rights-of-the-people/
military-and-veterans-rights/](http://www.illinoisattorneygeneral.gov/rights-of-the-people/military-and-veterans-rights/)

**Military and Veterans Rights Helpline
1-800-382-3000**

Individuals with hearing or speech disabilities can reach us by using the 7-1-1 relay service.

Military and Veterans Rights Bureau
Office of the Attorney General
201 West Pointe Drive Suite 7
Belleville, IL 62226

Military and Veterans Rights Bureau
Office of the Attorney General
115 South LaSalle Street
Chicago, IL 60603

www.IllinoisAttorneyGeneral.gov

Veterans & TRAUMATIC STRESS



**Military & Veterans
Rights Bureau**


KWAME RAOUL
ILLINOIS ATTORNEY GENERAL

HELP IS OUT THERE

If it's an emergency, call 911 or go to the nearest emergency room.

I'm afraid I might hurt myself. What can I do?
Call the Suicide Prevention Lifeline at 1-800-273-8255 or 1-800-799-4889 (TTY).

I need to talk to someone now! Who can I call?
Call the Veterans Crisis Line at 1-800-273-8255 and press 1. This number is also available for family and friends of someone suffering from traumatic stress.

Speak with a qualified Veterans Crisis Line counselor by texting 838255 or chatting online at <https://www.veteranscrisisline.net/get-help/chat>.

Visit the Veterans Crisis Line at <https://www.veteranscrisisline.net/get-help/local-resources> to locate Suicide Prevention Coordinators, Crisis Centers, VA Medical Centers, Outpatient Clinics, Veterans Administration Offices and VET Centers.

RESOURCES FOR FAMILY AND FRIENDS

When a loved one suffers from traumatic stress, it may impact family and friends in many ways. Here are some free, confidential resources for those dealing with someone who has traumatic stress:

National Domestic Violence Hotline

1-800-799-SAFE (7233)
Find shelters, domestic violence programs, legal advocacy and educational information.

National Sexual Assault Hotline

1-800-656-HOPE (4673)
Find resources for counseling and legal advice.

National Child Abuse Hotline

1-800-4-A-CHILD (422-4453)
Call if you have been abused, suspect child abuse or fear you may hurt your child.

OTHER VALUABLE RESOURCES

The National Center for PTSD

www.ptsd.va.gov/index.asp

The Veterans Crisis Line

www.veteranscrisisline.net

The VET Center Program

www.vetcenter.va.gov

Illinois Joining Forces

www.illinoisjoiningforces.org
1-833-INFO-IJF (463-6453)

National Alliance on Mental Illness

<https://www.nami.org/Your-Journey/Veterans-Active-Duty>

SIDRAN Institute – Traumatic Stress Education and Advocacy

www.sidran.org

EFFECTS OF TRAUMATIC STRESS

Traumatic stress can have serious long-term effects, including abuse of alcohol or other drugs, homelessness and suicide. Those who suffer from traumatic stress are more likely to engage in unhealthy behaviors following a traumatic event.

Without proper treatment to manage traumatic stress, sufferers are more likely to miss work and be less productive at work. Often, personal relationships suffer, causing disruptions in marriages and lasting effects on the children of those suffering from traumatic stress. In some cases, alcohol and drug abuse may lead to crime and, ultimately, incarceration.

Getting help is incredibly important to ending or preventing these cascading effects and moving on to live a healthy, happy and productive life.

