Research

Post-traumatic stress disorder (PTSD) is a mental health condition caused by a traumatic experience

Over 500,000 US troops have been diagnosed with PTSD in the past 13 years

The U.S. Department of Housing and Urban Development (HUD) estimates that 40,056 veterans are homeless. This makes up 11% of homeless adults

Many soldiers leave the armed forces due to mental health reasons

Around 4-6% of soldiers develop PTSD

Symptoms of PTSD:

* flashbacks
* nightmares
* repetitive and distressing images or sensations
* physical sensations, such as pain, sweating, feeling sick or trembling

PTSD can lead to other mental health issues like depression or phobias.