The harsh realities of war overseas brought numerous challenges for returning soldiers, many of whom suffered from PTSD. The traumatic experiences of combat left deep psychological scars, making reintegration into civilian life exceedingly difficult. Mental health issues such as depression and suicide rates increased among veterans, underscoring the inadequacies of available support services. The struggle with PTSD not only affects individuals but also strains families and communities, highlighting an urgent need for enhanced mental health support and understanding.