

# THE WORD

Sepius Exertus, Semper Fidelis, Frater Infinitas

## Marine Corps League



### Worcester Detachment



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## Marine Corps League

### Worcester Detachment #144

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### You Are Not Alone

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### There is help available

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**1-800-273-8255** press 1



### Confidential Support Is a Call Away

If you're a Veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week.

The Veterans Crisis Line is a free, anonymous, confidential

The Veterans Crisis Line is a free, anonymous, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.

[Click Here for More Information](#)

## **PTSD: What is it? Treatment - Know your Options**

**PTSD Basics  
National Center for PTSD**

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months.

If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time.

[National Center for PTSD](#)

(Photo by Sgt. Priscilla Sneden/Marine Corps)



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Marine Corps League Worcester Detachment | (508) 797-0141

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Send article submissions to David Ciolfi at [davidc@ihistudio.com](mailto:davidc@ihistudio.com)

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