



**BeyondDuty+**

## Post-Traumatic Stress Disorder

**Post-Traumatic Stress Disorder (PTSD)** is a significant and well-recognised mental health condition affecting UK veterans, particularly those who have experienced or witnessed life-threatening events during service – including combat, explosions, serious injuries, or the death of comrades.

According to the King's Centre for Military Health Research, approximately **7% of UK veterans** experience PTSD, with higher prevalence among those deployed in combat roles such as in Iraq and Afghanistan. For some, symptoms may emerge shortly after leaving the military, while others develop PTSD months or even years later.

The impact is profound. PTSD can affect memory, concentration, and daily functioning. Left untreated, it can lead to social withdrawal, employment difficulties, and higher rates of suicide ideation.

PTSD is one of the most widely recognised mental health conditions linked to military service. It arises after exposure to traumatic events such as combat, injury, or witnessing death. Symptoms of PTSD may include:

- Intrusive memories or flashbacks of traumatic events
- Nightmares and sleep disturbances
- Hypervigilance and exaggerated startle responses
- Emotional numbness and withdrawal
- Irritability or angry outbursts

In UK veterans, PTSD prevalence varies depending on factors like deployment history, but it is estimated that around 4-6% of veterans suffer from PTSD, with higher rates in those recently discharged or exposed to intense combat.

The psychological impact is often severe. PTSD can affect **memory, attention, and emotional regulation**, leading to **relationship breakdowns, employment difficulties**, and **social isolation**. It is also closely linked to **substance misuse, depression**, and **suicidal ideation**.

## Contact Us

For more information and support, get in touch with our advisors and veterans with lived experience today.



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