

This video was a collaborative project between the National Alliance on Mental Illness of Minnesota (NAMI-MN) and Twin Cities Public Television (TPT). This 30 minute documentary increases the public's understanding of posttraumatic stress disorder and combat stress by providing basic information and by showing the spirit and courage of soldiers and their families whose lives have been affected by PTSD and combat stress.

  
National Alliance on Mental Illness  
800 Transfer Road, Suite 7A  
St. Paul, MN 55114

# Coming Home: Supporting Your Soldier

Produced by  
Twin Cities Public  
Television and  
NAMI Minnesota  
for *tptMN* channel .

  
National Alliance on Mental Illness

*“Thank you so much for producing this video. My nephew will be returning soon from Iraq and I now know what to look for.”*

Being in a combat zone is a very different and stressful experience. It is not surprising that soldiers returning from Afghanistan and Iraq are experiencing combat stress, posttraumatic stress disorder, depression and anxiety. These soldiers need encouragement to access mental health services.

Families and our communities need to understand these illnesses, know the symptoms and know what to do to help returning soldiers. By understanding more about mental illness, families will be better able to support their soldier’s road to recovery. This program seeks to give details about the signs and symptoms, decrease the stigma surrounding mental illness, and explain what families and friends can do to help.

Thanks to the brave soldiers and family members who were willing to share their stories and to the professionals who were willing to share their knowledge.

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*“What a powerful documentary – thanks for shedding light on such an important issue.”*

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