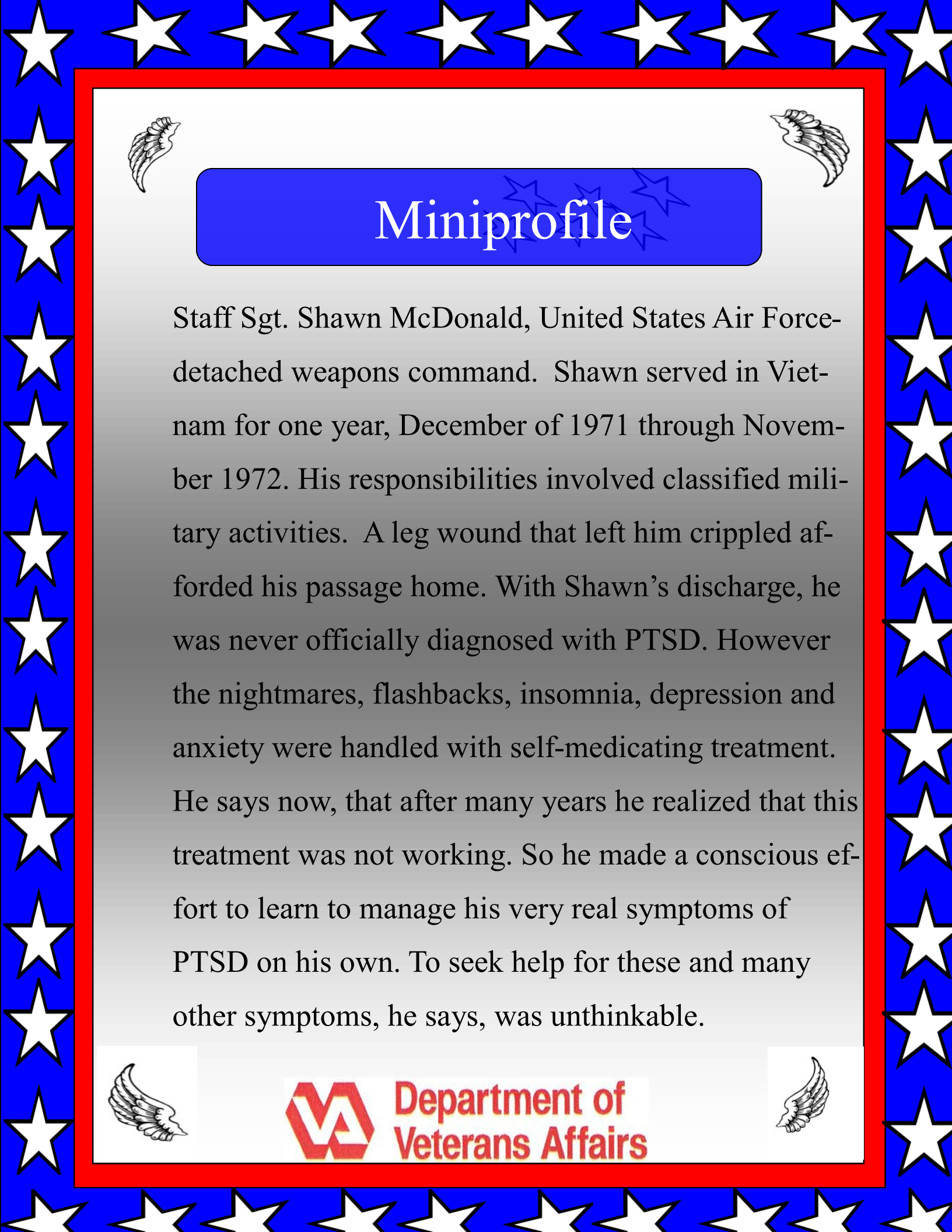




Miniprofile

Staff Sgt. Shawn McDonald, United States Air Force-detached weapons command. Shawn served in Vietnam for one year, December of 1971 through November 1972. His responsibilities involved classified military activities. A leg wound that left him crippled afforded his passage home. With Shawn's discharge, he was never officially diagnosed with PTSD. However the nightmares, flashbacks, insomnia, depression and anxiety were handled with self-medicating treatment. He says now, that after many years he realized that this treatment was not working. So he made a conscious effort to learn to manage his very real symptoms of PTSD on his own. To seek help for these and many other symptoms, he says, was unthinkable.



**Department of
Veterans Affairs**

