



# MORAL INJURY

Moral injury can occur as a result of a traumatic event that violates a veteran or service member's values and morals. Individuals experiencing moral injury need not have necessarily participated in the traumatic event - simply witnessing the traumatic event can cause it.

As a diagnosis that is still not officially recognized, there are still a lot of questions around moral injury. One thing is certain, however: Moral injury can be treated. Help is available and a brighter future is within reach.

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## POTENTIAL MILITARY-RELATED CAUSES OF MORAL INJURY

- Killing or harming others
- Making decisions that impact the survival of others
- Not being able to care or comfort for the wounded
- Freezing in a crucial moment or failing to perform a duty
- Not reporting an event or incident that crosses an ethical line
- Feelings of numbness at the killing or harming of others
- Feelings of exhilaration at the killing or harming of others

Causes of moral injury can vary widely and are very personal to the individual experiencing it. Thus, a comprehensive list of potential causes doesn't exist. The above list includes several of the most common indicated causes.

## COMMON FEELINGS OF MORAL INJURY

- Guilt involves feeling remorse or distress about a traumatic event (e.g. "I did something wrong.")
- Shame develops when the individual generalizes their feelings about the event to their complete self ("I'm bad because of what I did.")
- Disgust often develops as a reaction to memories of participating in a traumatic event
- Anger often develops as a reaction to loss or feelings of betrayal

## HOW WE HELP

Moral injury is serious, but there is hope. We have extensive experience working with veterans and service members who have experienced traumatic events that violated their core values and beliefs. Our only focus is on helping you overcome your trauma and build a better future.

### WHAT WE'LL DO

- Pair you with a Wellness Coordinator who will create a Crisis Response Plan and roadmap for care tailored specifically to you
- Keep your information, identity, and experiences safe and confidential
- Help you fully address the trauma you experienced and uncover the impacts it has made on your life
- Help you figure out what you need to feel like yourself again
- Empower you with the right resources and tools for you, no matter where you are in your journey
- Stick by your side for as long as you need us

### WHAT WE WON'T DO

- Treat you like a case number or statistic
- Pass you off to another call center or crisis line
- Share your information with your chain of command, the DoD or the VA
- Put a band-aid on a bigger problem and send you on your way
- Send you a bill for our services

**When you're ready, we're here.**  
Contact us by phone 24/7 at  
(844) 613-0403 or submit an online  
request at any time.



#### SOURCES

U.S. Department of Veterans Affairs | Clinical Psychology Review | Journal of Traumatic Stress