

## STATEMENT IN SUPPORT OF PTSD CLAIM

# PTSD Stressor Statement

*Patterned after VA Form 21-0781. Documents the in-service event(s) that caused your PTSD.*

**BEFORE YOU WRITE — READ THIS**

VA needs three things for each stressor: WHAT happened, WHEN it happened (date or month/year), WHERE it happened (location or unit).

If you served in a combat zone, your stressor may be PRESUMED under 38 CFR § 3.304(f) — you don't need eyewitness corroboration.

You don't have to relive every detail. State enough to identify the event. Save deeper trauma work for therapy.

If you have multiple stressors, list each separately. Use additional pages.

Veteran name

Last 4 SSN

Branch / Era of service

Claim # (if known)

**Combat / hostile fire status:**

- Combat veteran (CIB, CAB, CMB, or hostile fire pay)
- Served in combat zone but no combat award
- Non-combat stressor

STRESSOR EVENT #1

## First stressor event

Date (or month/year — best estimate is fine)

Location (city, country, base, FOB)

Unit assignment at the time

**What happened (factual, brief — 3 to 6 sentences is enough):**

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**Witnesses (names, units, or how to identify them — if known):**

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**How this event affected you (then and now):**

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STRESSOR EVENT #2 (IF APPLICABLE)

### Additional stressor event

Date (or month/year)

Location

Unit assignment at the time

#### What happened:

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#### Witnesses:

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#### How this event affected you:

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**DECLARATION**

I declare under penalty of perjury under the laws of the United States that the foregoing is true and correct to the best of my knowledge.

Signature

Date

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