

by Caleb Miller

Military professionals are relatively familiar with general mental health and PTSD; a newer concept, “moral injury,” has been growing in popularity for the past few decades among top leaders, counselors, psychologists and chaplains. Since the month of May is Mental Health Awareness Month and June is PTSD Awareness Month, I would like to highlight the concept of moral injury as it has emerged in the military lexicon by answering three questions.

What is it? Why does it matter? How can we address it?

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