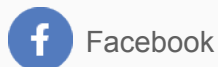




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Welcome to our final newsletter of 2015! I know I speak for the entire team at Jan Dils, Attorneys at Law, when I say that it has been a wonderful year, and we are looking forward to a great start to 2016!

While many disabilities are easy to recognize, I wanted to cap off our December newsletter with two articles that address disabilities that are not always visible to those around us. PTSD and depression are very serious health issues that can cause sufferers to struggle with everyday tasks, just like any other disability. Unfortunately, those afflicted with PTSD or depression may be hesitant to seek help for fear of being “labeled”—or they may simply be unaware that help does exist.

I want to assure you that help does exist, and that Social Security recognizes both of these conditions. If you are unsure about where to turn for help in applying for Social Security disability benefits for depression or PTSD, or for appealing a denied application, I hope you'll contact us. We are happy to help answer your questions and help you find the help you need.



[Owing Money to the SSA](#)

[Social Security Technical Denial](#)

[Trial Work Period](#)

[No COLA for 2016](#)

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In closing, the entire Jan Dils team and I would like to wish you all a very happy, healthy holiday season, filled with time spent with those closest to you. We look forward to serving you in 2016!

Sincerely,



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## PTSD: NOT JUST ON THE FRONT LINE

Post-traumatic stress disorder, PTSD, is often thought of as a condition exclusive to those brave men and women returning home from the front lines. While many former front line soldiers are afflicted with this terrible condition, these days you don't have to leave the country to be susceptible to PTSD. The Mayo Clinic defines PTSD as "A mental health condition triggered by experiencing or seeing a terrifying event." So how can a soldier experience or see terrifying events without leaving home? The answer is drones.

Drones are unmanned aircrafts controlled remotely by a pilot, often from a distant location. Most of these pilots are stationed at Creech Air Force Base in Nevada, where they control drones carrying out air strikes all over the world. Unlike traditional pilots, who only fly around 300 hours a year, these men and women clock up to 1,800 hours a year. This puts tremendous mental strain on the pilots, as they often can be on duty for 12 hours at a time for weeks straight. These long shifts are made worse by the horrific images captured by the cameras on the drones.

Because of these rigorous working conditions there has been a sudden spike in drone pilots with PTSD. Many hesitate to seek help, as they are sometimes antagonized as "video game warriors." Signs of PTSD

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include intrusive memories, avoidance, negative moods and in several cases, suicidal thoughts. If you are in need of PTSD treatment, for any reason, please contact your local Parkersburg, WV, disability attorney so they can help you find help you need. PTSD can be a catalyst for other illnesses, so if you think you might need help, do not hesitate to reach out.

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It is estimated that around 19 million Americans are suffering from some form of depression. Depression is the number one cause of disability for nonfatal medical conditions in the US. Symptoms of depression include: gloom, sadness and hopelessness paired with chronic fatigue and low energy. To help those affected by depression, the SSA recognizes depression as a valid claim for disability benefits.

To help diagnose severe depression quickly, the SSA developed a list of symptoms commonly associated with depression. In order to qualify for Social Security benefits for depression, claimants need to have at least four of the following symptoms:

- Lack of interest or pleasure in most activities
- Decreased energy
- Poor appetite or overeating
- Insomnia or oversleeping
- Difficulty concentrating or thinking
- Lack of physical movement
- Feelings of worthlessness or guilt
- Paranoia, delusions, or hallucinations
- Suicidal thoughts

The SSA also requires that these four symptoms cause you serious difficulties in:

- Activities of daily living
- Social functioning
- Focusing
- Repeated, extended periods of worsening symptoms

The majority of approved depression claims are not by the above list. A medical-vocational allowance is the most common way to get approved for depression benefits. To qualify for a medical-vocational allowance the SSA will assess how your depression affects your ability to:

- Understand, remember, and carry out simple instructions
- Make simple work-related decisions
- Respond appropriately to supervision and to co-workers
- Handle changes in routine

In addition, these symptoms and limitations must last or be expected to last a minimum of 12 months prohibiting you from seeking gainful

employment.

If the SSA denies your claim for depression benefits, there is an appeals process you can go through. Using a lawyer who is trained in social security benefits for depression will be a huge help to your case. Jan Dils Attorneys at Law is skilled in all kinds of disability benefits appeals, including depression. Calling for a free consultation is your first step to getting the help and benefits you deserve.

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*Jan Dils keeps you updated on Social Security disability benefits news and important issues that matter the most. We not only focus on Social Security Disability, we also provide legal assistance for Veterans Disability Benefits. We understand the claims process and specialize in making sure Veterans receive the proper representation needed for receiving benefits. For more information on our Veterans Disability services, please visit [www.fight4vets.com](http://www.fight4vets.com)*

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Jan Dils, Attorneys at Law, handles Social Security disability and Veterans' disability claims for clients throughout West Virginia with offices located in Parkersburg-Beckley-Charleston-Huntington-Logan as well as one additional office located in Charlotte, North Carolina. But regardless of where you are located we are able to serve you or a family member Nationwide.

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