



WOUNDED WARRIOR

In these times of multiple deployments, it has become increasingly important for Service members and families to stay informed about the possible health effects of combat and operational activity. While most Service members successfully navigate combat and operational events, others may develop symptoms of combat stress. Combat stress can create physical, emotional, and behavioral symptoms which can have an impact on relationships and work.

[USPACOM Reduction of Mental Health Stigma Policy Statement](#) May 2009

[USPACOM Mental Health Resources](#) (cards/poster)

[Real Warriors, Real Battles, Real Strength Campaign](#): multimedia education campaign, includes mental health resources, testimonials; breaks down barriers to seeking mental health care, emphasizes resilience, recovery, reintegration

[Military Mental Health](#): offers anonymous mental health and alcohol use self-assessments online, via the phone, and via special events at installations; provides guidance on where to seek assistance

[Courage to Care](#): electronic fact sheets on health topics relevant to military life

[After Deployment](#): a mental wellness resource for Service members, Veterans, and Military Families, created by DoD and the Veterans Administration

[Military OneSource online](#) - Search "*Wounded Warrior*"