



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury



Free, Fast and Accurate Information and Assistance

Contact Us
866-966-1020 Toll Free
resources@dcoeoutreach.org
www.dcoe.health.mil/24-7help.aspx

Do you have questions about combat stress, depression or other psychological health concerns?

Do you know someone having difficulty reintegrating into civilian life?

Do you know someone having problems with memory due to a concussion?

**The DCoE
Outreach Center**

has the answers you need

December 2011

Front cover photos clockwise from top left: U.S. Navy photo by Mass Communication Specialist 1st Class Julie Matyascik; U.S. Air Force photo by Staff Sgt. Marc I. Lane; Photo Courtesy of U.S. Army; U.S. Army photo by John Crosby; U.S. Coast Guard photo by Petty Officer 2nd Class Ayla Kelley; U.S. Marine Corps photo by Cpl. Shannon E. McMillan

Page 1 photos left to right: U.S. Army photo by Staff Sgt. Ben K. Navratil; Photo Courtesy of U.S. Army; U.S. Army photo by Pfc. Bryan Willis, 82nd Abn. Div. PAO
Page 2 photos left to right: U.S. Air Force photo by Tech. Sgt. Bennie J. Davis III; Photo by Dave Melancon; U.S. Army photo by Seaman Alexandra Snow



The experiences of war can lead to unique psychological symptoms.

Even service members who don't have physical scars can suffer from post-traumatic stress disorder, traumatic brain injury or other symptoms that affect their psychological health. Experiencing combat, witnessing death, grieving the loss of buddies or feeling guilty about surviving can all be very challenging psychological situations.

Of course, simply coming home from a deployment overseas doesn't make these problems disappear. In fact, rebuilding relationships or facing financial burdens can cause additional stress for service members, veterans and military families.

Fortunately, there is hope. From the Vietnam War onward, medical science has made huge strides in understanding — and treating — the physical and psychological wounds of war.

The DCoE Outreach Center can provide the answers to your questions about post-traumatic stress disorder, traumatic brain injury and other psychological issues that can sometimes affect service members. Our trained health resource consultants can provide you with information on the latest treatment options for building and maintaining psychological strength.

Service Features of the DCoE Outreach Center:

- ▶ Trained, professional health resource consultants with expertise in psychological health and traumatic brain injury, available 24/7
- ▶ Information provided by phone, chat or email
- ▶ Individual responses to your specific questions and needs



The DCoE Outreach Center Provides:

- ▶ A trusted source of information on psychological health and traumatic brain injury issues and resources
- ▶ The ability to determine the most direct approach to answering your questions. This may include referring callers to services and information provided by the Department of Defense, other federal agencies and civilian organizations

Important: The DCoE Outreach Center was created to provide information on psychological health and traumatic brain injury. It does not function as a treatment or counseling center.

Who We Serve:

- ▶ Service members
- ▶ Families and friends
- ▶ Military leaders
- ▶ Clinicians
- ▶ Educators
- ▶ Support personnel
- ▶ Clergy
- ▶ Researchers
- ▶ Deployed government civilians

The DCoE Outreach Center is staffed 24 hours a day by trained professionals who can answer your questions. There is never a charge for this service.

How to Reach Us

There are three easy ways to get in touch with the professionals at the DCoE Outreach Center:

- ▶ **Phone:** 866-966-1020 Toll Free
- ▶ **Email:** resources@dcoeoutreach.org
- ▶ **Live Chat:** www.dcoe.health.mil/24-7help.aspx

For more information on DCoE, please visit www.dcoe.health.mil

