

Topics



Post-Traumatic Stress



Depression



Anger



Drugs & Alcohol



Tobacco



Physical Injury



Resilience



Military Sexual Trauma



Health & Wellness



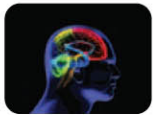
Sleep



Families & Friendships



Anxiety



mild Traumatic Brain Injury



Life Stress



Stigma



Families with Kids



Spirituality



Work Adjustment

Partnerships



Deployment Health Clinical Center



Military Health Systems



National Internal Affairs Center of Excellence



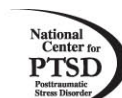
Center for the Study of Traumatic Stress



Center for Deployment Psychology



Defense & Veteran Brain Injury Center



National Center for PTSD Posttraumatic Stress Disorder



Madigan Army Medical Center



DEFENSE CENTERS OF EXCELLENCE For Psychological Health & Traumatic Brain Injury



NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY



San Antonio Army Medical Center



Army Medical



U.S. ARMY



TRICARE



Center/ Pastoral Ministry Training



Center for Health Promotion and Preventative Medicine

REAL WARRIORS • REAL BATTLES
REAL STRENGTH

"I have sent out your website link to everyone I know because it is so on target. Bravo!"

—Former Army CPT



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Wellness resources for the military community.
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TROUBLE ADJUSTING TO HOME LIFE?



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Wellness resources for the military community.



You deployed... and now you're home!

Being away from family and friends wasn't easy, and getting back into a routine is taking time.

While you were away, the family grew up: chores got done without you, and the yard looks great.

Lately, you feel "on edge" a lot, and your best friend just told you to "lighten up."

Most nights you can't get to sleep, and you're drinking more.

Work doesn't challenge you the way the mission did, and you're spending hours staring at the television.

You avoid the mall because of the crowds, and lately the kids don't invite you to their ballgames.



It was a long deployment... and now you're together again!

There were a lot of adjustments... the family learned new chores and took on new roles.

Schedules were busy, and there wasn't a lot of time to relax.

There were some sleepless nights along the way, and some worry, too.

With the distance and the time zones, talking wasn't always easy.

Birthdays were missed, and the kids were sad at times.

You're happy to be reunited, but the homecoming will take some time.



Wellness resources for the military community.

Quick Health Tips

Self-Assessments

E-Libraries

Self-Paced Workshops

Personal Stories

Community Forums

Expert Blogs

Links to Hotlines

Provider Locator Tool

Podcasts

RSS Feeds

Social Media Links

Daily Quotes