

AFTER DEPLOYMENT

Source: <http://www.afterdeployment.org>

Alcohol & Drugs

<http://www.afterdeployment.org/web/guest/topics-alcohol-and-drugs>

Overview: If you have ever secretly wondered if you have a problem with alcohol or drugs, or if someone you know has suggested that they believe you have a problem, this information will be useful to you. If you know for a fact that you have a problem with alcohol or drugs and are considering doing something about it, this is a good place to start. Take an assessment to get feedback on how you are doing or jump into the workshops to learn how alcohol and drugs affect your life and how to manage them. Check out the videos of others who are dealing with alcohol and drug related problems, and explore the e-library for in-depth information.

Sleep

<http://www.afterdeployment.org/web/guest/topics-sleep>

Overview: One of the difficulties with sleep problems is that many of the common sense solutions tend to make the problem worse, not better. Whether you are experiencing difficulty falling asleep, awakening too early, having nightmares, or awakening and feeling tired, you will find tools in this program to help. Take an assessment to get feedback on how you are doing or jump into the workshops to learn about tools to help improve your sleep. Check out the videos of others who are dealing with sleep, and explore the e-library for in-depth information

Posttraumatic Stress Disorder

<http://www.afterdeployment.org/web/guest/topics-post-traumatic-stress>

Overview: Post-traumatic stress is a common response to experiencing traumatic events. This program has been designed to provide a wide range of support for coping with post-traumatic stress. Take an assessment to get feedback on how you are doing or jump into the workshops to learn about how post-traumatic symptoms are triggered and what to do when this happens. Check out the videos of others who are dealing with post-traumatic stress, and explore the e-library for in-depth information.

Depression

<http://www.afterdeployment.org/web/guest/topics-depression>

Overview: Depression can take many forms and have many causes. The goal of this program is to allow you to learn about your own Depression, but more importantly, to give you the tools and resources you need to help you feel more empowered to change your mood and build greater resilience. Take an assessment to get feedback on how you are doing or jump into the workshops to learn about depression. Check out the videos of others who are dealing with depression, and explore the e-library for in-depth information.

About afterdeployment.org:

Approximately 20% of OIF/OEF Service Members report adjustment problems in the months following a deployment. Limited provider availability and the stigma of being labeled with a "mental illness" are some of the barriers to seeking face-to-face care. In this light, the need for online behavioral health tools has never been greater.

afterdeployment.org is an online resource supporting Service Members, their Families, and Veterans, with common post-deployment concerns. The website provides self-care solutions targeting post-traumatic stress, depression, anger, sleep, relationship concerns, and other mental health challenges.

afterdeployment.org was developed in response to the 2006 and 2007 National Defense Authorization Act (NDAA) aimed at improving and augmenting military and civilian health care systems.