

**National Center for Telehealth & Technology
PTSD Kit Beneficiaries Email Template**

Subject Line: Get Free PTSD Awareness Resources From T2

Body: Good [morning/afternoon] [Name],

June is Post-Traumatic Stress Disorder (PTSD) Awareness Month – a time to bring attention to a mental health condition that can affect members of the military community.

[AfterDeployment](#), a health technology-based program from the [National Center for Telehealth & Technology \(T2\)](#), offers resources to educate service members and their families about PTSD, and help them assess whether they have symptoms and receive recommendations for seeking information or additional support.

Visit the [T2 Toolkit Hub](#) on LinkedIn to access our PTSD Awareness Toolkit filled with information and resources to help service members, veterans and family members cope with a condition that can be tough to assess.

- **[PTSD Assessment:](#)** This anonymous self-assessment program can help service members who aren't feeling themselves determine whether their symptoms are PTSD-related.
- **[Understanding PTSD Treatment:](#)** This resource outlines treatment options and shares success stories of service members diagnosed with PTSD and family members who support them.
- **[Alcohol and Post-Traumatic Stress Fact Sheet:](#)** This short document details the symptoms of PTSD and explains how they may contribute to substance use.

Don't forget to connect with us on social media for the latest news about AfterDeployment, Military Kids Connect and T2:

- AfterDeployment on [Facebook](#) and [Twitter](#)
- Military Kids Connect on [Facebook](#), [Twitter](#), and [Instagram](#)
- T2 on [Facebook](#) and [Twitter](#)

Best,
National Center for Telehealth & Technology