

**National Center for Telehealth & Technology (T2)
AfterDeployment PTSD Awareness Kit – June 2017
June 12, 2017**

AfterDeployment Facebook Posts		
AfterDeployment Resource	Post Text	Link to Resource
AD Assessment – PTS	If you're a #servicemember and not feeling like yourself, this assessment from @AfterDeployment can help you determine whether you're experiencing PTS symptoms and what to do about them.	http://afterdeployment.dcoe.mil/assessment/pts
AD Fact Sheet – PTSD Treatment	Did you know cognitive therapy is one way to treat #PTSD symptoms? Find out more treatment options here:	http://afterdeployment.dcoe.mil/article/post-traumatic-stress/treatment-of-ptsd
AD PTSD Fact Sheet – What Is PTSD?	Experiencing #PTSD for the first time can mean a lot of uncertainty. Get the facts from @AfterDeployment here:	http://afterdeployment.dcoe.mil/fact/post-traumatic-stress/understanding-ptsd
Dream EZ	Nightmares are just one symptom of PTSD. Learn more about @T2Health's app to help alleviate your nightmares.	http://t2health.dcoe.mil/dream-ez
AD PTSD Tips – Help Someone Else	Helping others as a form of coping with #PTSD can be beneficial for you. Get more tips from @AfterDeployment.	http://afterdeployment.dcoe.mil/tip/post-traumatic-stress/ptsd-help-someone-else

AD Resiliency Assessment	Resilience means "bouncing back" from difficult times. It's about adapting during adversity, trauma or tragedy and managing other sources of stress — such as problems with family and relationships, health, the workplace or finances. Take the Resilience Assessment from @AfterDeployment to see how effective your resilience skills are.	http://afterdeployment.dcoe.mil/assessment/resilience
--------------------------	--	---

AfterDeployment Tweets		
AfterDeployment Resource	Post Text	Link to Resource
AD Assessment – PTS	With this quick assessment from @AfterDeployment, you can get results & resources on #PTSD. (91)	http://afterdeployment.dcoe.mil/assessment/pts
AD Fact Sheet – PTSD Treatment	.@AfterDeployment offers resources on effective treatments for those coping w/ #PTSD. Learn more: (98)	http://afterdeployment.dcoe.mil/article/post-traumatic-stress/treatment-of-ptsd
AD PTSD Fact Sheet – What Is PTSD?	.@AfterDeployment offers facts on #PTSD for those who have a friend or family member affected. Learn more: (105)	http://afterdeployment.dcoe.mil/fact/post-traumatic-stress/understanding-ptsd
AD PTSD Tips – Help Someone Else	Helping others can help you put your own problems into perspective. Learn more from	http://afterdeployment.dcoe.mil/tip/post-traumatic-stress/ptsd-help-someone-else

	@AfterDeployment #PTSD (107)	
AD PTSD Fact Sheet- What Is PTSD?	Do you understand #PTSD? Get the facts on symptoms and more from @AfterDeployment here: (88)	http://afterdeployment.dcoe.mil/fact/post-traumatic-stress/understanding-ptsd