



***MOVE  
FORWARD***

**Don't let PTSD  
hold you back.**

The right tools and  
support are here for you.

PTSD 20M-16W




# Help is Available

DCoE Outreach Center  
**(866) 966-1020**

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Take an online, anonymous assessment at  
**[AfterDeployment.dcoe.mil/assessment/pts](http://AfterDeployment.dcoe.mil/assessment/pts)**



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