

**National Center for Telehealth & Technology
Alcohol Awareness Kit Beneficiaries Email Template**

Subject Line: FREE Alcohol Awareness Educational Resources from T2

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

Military life is full of unique challenges – deployments, transitions, injuries and more – all stressors that may lead someone to use alcohol to cope.

April is Alcohol Awareness Month – a time to raise awareness of alcohol abuse in the military community and to identify helpful resources, such as AfterDeployment.

AfterDeployment, a Defense Department program within the [National Center for Telehealth & Technology](#), offers resources to help our warriors identify drinking problems and how to find the help they need.

Visit the T2 Toolkit Hub on LinkedIn to access our Alcohol Awareness Toolkit filled with helpful information and tools to support service members, veterans and family members. Share these important resources with members of your military community to help them identify problems and find support:

- **[Alcohol Assessment](#):** This five-minute, anonymous self-assessment offers users insight on their alcohol use. Depending on the results, they may see a list of treatment resources or tips on how to drink responsibly.
- **[Video Testimonials](#):** These videos feature members of the military community sharing their challenges with alcohol and how they got on the path to recovery.
- **[Alcohol and Post-Traumatic Stress Fact Sheet](#):** This short document details the symptoms of post-traumatic stress and explains how they may contribute to substance use.
- **[Family and Friends Questionnaire](#):** This brief survey helps family and friends identify a loved one's drinking behavior and resources that can help.

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,