

## AFTERDEPLOYMENT.ORG Offers Behavioral Health Self-Help for Veterans

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FALLS CHURCH, Va. - The U.S. Army, with oversight by TRICARE Management Activity (TMA), has created an interactive Web site that allows service members and their families to explore behavioral health information. The site launched Aug. 5, 2008 at <http://www.afterdeployment.org>

"Afterdeployment.org serves as an interactive, self-help solution to assist with behavioral health needs following deployment," said Army Maj. Gen. Elder Granger, deputy director, TMA.

Authorized by legislation, the site is a pilot project to help service members deal with Post Traumatic Stress Disorder and other behavioral health conditions.

Visitors to afterdeployment.org will notice the user-friendly environment. By clicking on a video link play button, users can watch veterans, spouses and other family members tell real-life stories about how war changed their lives and how they dealt with the demands of readjusting after combat deployment.

In addition to these first-person accounts, a tool bar on the left side of the Web site links beneficiaries to educational topics that include: Getting Help, Check How You're Doing, Staying Healthy Where You Live, Stories from Home and Far Away, and Links, Books, Blogs & Pods. In each of these areas, additional links offer detailed information on chosen subjects.

A user-friendly environment is not all that matters to service members. Privacy is of paramount concern, and users don't have to register to access the site. Afterdeployment.org provides confidential education on sensitive issues such as stress and triggers, conflict at work, reconnecting with family and friends, moods, anger, sleep, substance abuse, stress management, kids and deployment, spiritual guidance, living with physical injuries and health and wellness.

Afterdeployment.org launched with limited content on Aug. 5, 2008, but development continues. Users can visit <http://www.afterdeployment.org> to use the interactive tools and resources.

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SOURCE: TRICARE News Release at  
<http://www.tricare.mil/pressroom/news.aspx?fid=438>