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| |  |  |  | | --- | --- | --- | |  | **Resources for Veterans** In honor of our veterans, SAMHSA DTAC has compiled a list of resources that may be helpful to deployed or returning military personnel and their families.  **Returning from the War Zone Series** Developed by the National Center for PTSD, this series features guides, tips, and interactive videos on what to expect for returning military personnel and their families. It provides reintegration tips, information about common stress reactions, and guidance on when to seek help. To view all this series has to offer, please go to [http://www.ptsd.va.gov/public/reintegration/returning\_from\_the\_war\_zone\_ guides.asp](http://lists.icfwebservices.com/t/28194/582622/4558/13/).  **Returning from the War Zone: A Guide for Military Personnel** This guide is to help military personnel understand what to expect when returning from a war zone. It offers tips on how to readjust to home life. To view this guide, please go to [http://www.ptsd.va.gov/public/reintegration/guide-pdf/SMGuide.pdf](http://lists.icfwebservices.com/t/28194/582622/4559/31/) [PDF - 2.64 Mb].  **Returning from the War Zone: A Guide for Families of Military Members**  This guide contains information for the families of military personnel on what to expect when their loved one returns from a war zone and on ways to help their loved ones to readapt to home life. To view this guide, please go to  [http://www.ptsd.va.gov/public/reintegration/guide-pdf/FamilyGuide.pdf](http://lists.icfwebservices.com/t/28194/582622/4560/32/)  [PDF - 2.20 Mb].  **Make the Connection Campaign** Make the Connection is a public awareness campaign created by the U.S. Department of Veterans Affairs that provides personal testimonials and resources to help veterans discover ways to improve their lives and to deal with mental health issues they may not recognize. To view the one-stop resource where veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions, please go to [http://maketheconnection.net](http://lists.icfwebservices.com/t/28194/582622/4561/33/).  **Bereavement and Grief: Information for Military Families and Communities** This web page lists the emotions and grief responses that a military service member or the family member of a military service member who has lost a loved one may experience. It includes tips for effective coping following a loss and for helping others with their grief. To view this information, go to  [http://www.mentalhealthamerica.net/reunions/infoWarGrief.cfm](http://lists.icfwebservices.com/t/28194/582622/4562/34/).  **Depression Screening (PHQ-9)** Stressful situations or traumatic events that sometimes occur in military life may be associated with depression in veterans and service members. How do you know if it’s the blues or something more? The PHQ-9 is a brief, confidential, and anonymous screening. Only you will see the results, and none of your responses will be stored or sent anywhere. To take this screening, go to  [https://www.myhealth.va.gov/mhv-portal-web/anonymous.portal?\_nfpb=true&\_pageLabel=mentalHealth&contentPage=mh\_ screening\_tools/PHQ\_SCREENING.HTML](http://lists.icfwebservices.com/t/28194/582622/4565/35/). |  | |
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