

Your Veteran is a hero. Now it's your turn.

In less than an hour, you'll learn:

- What to expect when your Veteran comes home
- How to identify post-deployment stress
- What to say and how to say it
- Where to find support services near you



Access *Family of Heroes*, an online simulation for family members of military and Veterans. The free resource allows you to practice helpful skills for supporting a loved one who may be facing post-deployment stress, possible PTSD or thoughts of suicide, while promoting resilience for your entire family.



Listed in SAMHSA'S National
registry of Evidence-Based
Programs and Practices (NREPP)

For more information contact:

rockymountainMIRECC@va.gov