



**STOP  
HIDING  
AND START  
RECOVERING**

April is  
**Alcohol Awareness  
Month**

*Free resources are available at [AfterDeployment.dcoe.mil](http://AfterDeployment.dcoe.mil)*



**DEFENSE CENTERS OF EXCELLENCE**  
For Psychological Health & Traumatic Brain Injury



**NATIONAL CENTER FOR  
TELEHEALTH & TECHNOLOGY**  
A DCoE CENTER

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