

## Appendix J: Educational Handouts for Iraq War Veterans and Their Families

Transition Assistance Information for Enduring Freedom and Iraqi Freedom Veterans  
Warzone-Related Stress Reactions: What Veterans Need to Know  
Depression  
Stress, Trauma, and Alcohol and Drug Use  
What If I Have Sleep Problems?  
Coping with Traumatic Stress Reactions  
Warzone-Related Stress Reactions: What Families Need to Know  
Families in the Military  
Homecoming: Dealing with Changes and Expectations  
Homecoming: Tips for Reunion