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## **Post-Deployment Stress: What Families Should Know, What Families Can Do**

This booklet from the Mental Illness Research, Education and Clinical Centers (MIRECC) has been adapted from the Rand Report on Post-Deployment Stress.

['Post-Deployment Stress: What Families Should Know, What Families Can Do'](#)

contains information that Veteran families can use now or later if their veteran has post-deployment behaviors including post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), depression, or a combination of these.

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The Mental Illness Research, Education and Clinical Centers (MIRECC) were established by Congress with the goal of researching the causes and treatments of mental disorders and using education to put new knowledge into routine clinical practice in the VA. Specialized mental health centers of excellence (MH CoE) are an essential component of VA's response to meeting the mental health needs of Veterans.

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