Helping Agencies

CONTACT (Help Line) (706) 327-3999
Military Police (706) 545-2222
Social Work Service (706) 545-1661
Army Community Service Center,
Family Advocacy Program (706) 545-4013
Chaplain Family Life Center (706) 545-1760
American Red Cross (706) 545-5194
Alcohol and Drug Abuse Prevention (706) 545-1138
Behavioral Health (706) 544-3590
Martin Army Community Hospital Emergency Room (706) 544-1123
For emergencies after hours, call staff duty officer (706) 545-2218
http://www.benning.army.mil
http://www.goacs.org
http://www.benningmwr.com

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Welcome Home!

Fort Benning
Army Community Service
Supporting Soldiers & Family Members Worldwide

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Warning Signs

Guilt or shame
Excessive use of alcohol or drugs
Sleep problems
Depression
Verbal or physical abuse
Flashbacks or nightmares
Difficulty concentrating
Emotional outbursts and mood swings
Suicidal thoughts
Stress related illness
Over dependence on others

Changes to expect

You, loved ones, and colleagues have changed.

Physical Appearance
Attitude
Independence
Life Is More Precious
Increased Trust
Deeper Faith
Broader World View
New Interests
Different Habits

Homecoming Tips

Agree on plans for homecoming date and the next few days or weeks.

Take time to get reacquainted.
Go slowly - don't try to make up for lost time.
Talk about events during deployment.
Give each one time and space to adjust to one another.
Explain new rules or changes in family schedule.
Expect your partner to have trouble sleeping.
Intimate relationships may be awkward at first.
Spend quality time with each child.
Seek help if needed.

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