



afterdeployment.org presents their new podcast series, entitled *There & Back*. The programs in this series are intended to assist service members and their loved ones in managing the challenges that are often faced following a deployment.

You can download any of the podcasts from [iTunes](#) if you have an iTunes account or are interested in creating an account. Another option is to click on the link below to listen to the podcast directly from your computer:

Podcasts:

1. November 2009 – [Learn About Depression](#)
2. December 2009 – [Learn About Post-Traumatic Stress](#)
3. February 2010 – [Managing Aggression and Anger](#)
4. June 2010 – [The Consequences of Self-Medicating: Alcohol Abuse following Deployment](#)
5. August 2010 – [Suicide in the Military](#)