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Join DCoE's "Neck Up, Check Up" Campaign

Posted by: Health.mil Staff

Wednesday, May 12, 2010

What do you think when you hear the phrase "Neck Up, Check Up?" As part of a month-long campaign in support of Mental Health Month, DCoE is spreading the "Neck Up, Check Up" message around the social networking world to reduce the stigma associated with seeking help for psychological health concerns and to educate and increase awareness about all the resources available.

Help combat any stigma that may prevent our warriors, veterans and their loved ones from seeking help for the invisible wounds of war.

Get involved — it's simple!

Post "Neck up, Check up" in your Facebook or Twitter status sometime during the month of May to get the conversation started!

Once there's a buzz, direct your friends and followers to www.facebook.com/DCoEpage to learn more. Ask your friends to do the same. Let's break the silence of stigma and spread the word!

Need help now?

DCoE has health resource consultants available 24/7 at the DCoE Outreach Center, who can provide you with useful information and resources on psychological health and traumatic brain injury. The center can be reached by phone at 1-866-966-1020 or chat live online at www.dcoe.health.mil/24-7help.aspx.