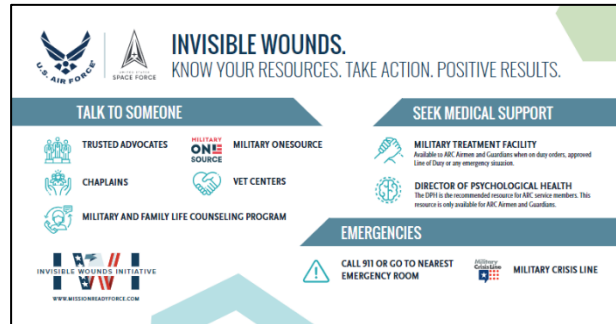


## MONTH 3

### Facebook

Feeling drawn back into a traumatic experience? You may be experiencing symptoms of an invisible wound. You are not alone. The #AirForce cares and provides many resources to support you through recovery. Learn more about the signs and symptoms of #invisiblewounds and their impact at [www.MissionReadyForce.com](http://www.MissionReadyForce.com).



### Instagram

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Have you been avoiding certain situations or people, or feeling detached from family and friends? These are signs and symptoms of #invisiblewounds and resources are available to support you and your fellow Wingmen seek the help you need. Visit, [www.MissionReadyForce.com](http://www.MissionReadyForce.com).



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