

Your partner coming home from deployment can be quite a transition for both of you.

Learn how to deal with your partner when they come back.

How to deal with your partner when they get home

* Step 1

Hug your partner TIGHTLY the very second you see him or her! Let them know how much you missed them.

* Step 2

Make his or her first night home especially special. Cook their favourite meal for dinner and enjoy each others company. Don't forget to top off the meal with their favourite dessert.

* Step 3

Talk to your partner, but don't press them to talk about the deployment if they are not ready. He/she will do that in their own time. Let your partner know you ARE available to talk to, and that they can tell you about anything her/she needs to when the time is right.

* Step 4

Give your partner space if he/she needs it, but give them lots of attention because they probably crave that from you.

* Step 5

Watch for signs of depression or post traumatic stress disorder (PTSD). Some symptoms of PTSD are scary dreams, absentmindedness, bouts of anger, trouble sleeping, and more. If you notice any of these signs, get you partner help. They may not be able to reach out for help on their own.

* Step 6

Try to reconnect as couple. The time you spend apart during deployment probably changed both of you a bit, and you may feel you need to get to know one another all over again. This is normal. Take you time and enjoy falling in love with your partner all over again!



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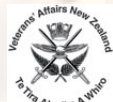
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