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From: Congressman Zach Nunn <IA03ZN.Outreach@mail.house.gov> To:
Viswajith.Mallampati@mail.house.gov Subject: This isn't easy Date: Thu, 27 Jun
2024 18:29:19 -0400 <meta http-equiv="Content-Type" content="text/html;
charset=utf-8"><body><!DOCTYPE HTML PUBLIC "-//W3C//DTD XHTML 1.0 Transitional
//EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd" ><html><head>
<!--ly, 6/2022, tr#252686--> <style id="IQEmailStyle"> /* Client-specific
Styles */ body { width: 100% !important; margin: 0px;} .ReadMsgBody { width:
100%; } .ExternalClass { width: 100%; display:block !important; } /* Force
Hotmail to display emails at full width */ /* Reset Styles */ body { margin:0;
padding: 0; } img { outline: none; text-decoration: none; max-width :100%;} br,
strong br, b br, em br, i br { line-height: 100%; } h1, h2, h3, h4, h5, h6 {
line-height: 100% !important; -webkit-font-smoothing: antialiased; } /*ly,
tr#221562, add same margin as margin-block-start/end*/
h1{margin-top:0.67em;margin-bottom:0.67em;}
h2{margin-top:0.83em;margin-bottom:0.83em;}
h3{margin-top:1em;margin-bottom:1em;}
h4{margin-top:1.33em;margin-bottom:1.33em;}
h5{margin-top:1.67em;margin-bottom:1.67em;}
h6{margin-top:2.33em;margin-bottom:2.33em;} table td, table tr {
border-collapse: collapse; } p { margin-bottom: 1em; } table.menu-change a {
text-decoration:none; } /* pre-header */ .preheader { display:none !important;
visibility:hidden; mso-hide:all !important; font-size:0px; color:#ffffff;
line-height:0px; max-height:0px; max-width:0px; opacity:0; overflow:hidden; }
</style> <style id="IQCustomStyle"> p.header { font-size:20px!important; }
@media only screen and (max-width: 640px) { .tophead {
background-color:white!important; } p { font-size:30px; } span {
font-size:30px!important; } li { font-size:30px; } p.header {
font-size:40px!important; } } h1 { font-size:50px!important; } p.sectiontop {
padding-top:15px!important; margin-top:15px!important; } } </style> <style
id="IQMobileStyle" type="text/css"> @media screen and (max-width: 497px) { a {
text-decoration: none;} .gmail-fix {display: none !important;} .mobile-menu
{font-size:18pt !important;} .mobile-content {font-size:18pt !important;}
.mobile-footer {font-size:8pt !important;} } </style> <meta name="viewport"
content="width=device-width,initial-scale=1.0,user-scalable=0,minimum-scale=1.0,maximum-scale=1.0"><
<body id="newsletterBody" class=""><div id="newsletterContent" class=""><div</pre>
class="preheader" style="display:none !important; overflow:hidden;
max-height:0;"><span class="text">7 percent of veterans will experience PTSD at
some point in their lives. </span><span
class="spaces">              
   <p style="color: #9d9d9d;
font-family: Arial; font-size: 10px; text-align: center;">   <table
class="bg-change" style="margin: 0 auto; border: 1px solid #FFFFFF; width: 90%;
max-width: 640px;" border="0">    <table
class="body-zone bg-change width-change" style="width: 90%; max-width: 640px;
padding: 0; border-spacing: 0; background-color: #ffffff;"> <tbody class=""
style="">  <td class="content-change general-change textedit
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mobile-content" style="padding: 10px 30px; font-size: 13pt; font-family: Arial,
sans-serif; background-color: #ffffff; color: #000000;"> <p style="text-align:
left;"><strong><span style="font-size: 16pt; text-align: center;"><img
width="261" style="max-width: 100%;; margin: 0px auto; display: block;"
title="2023_Nunn_Logo-COLOR.png"
src="https://iqconnect.house.gov/iqextranet/Customers/IA03ZN/2023_Nunn_Logo-COLOR.png"
alt="Image" height="89"></span></strong>  <span style="color:
#000000;">Hi Viswajith,</span>  Posttraumatic stress disorder (PTSD) is
a mental health problem that affects lots of people - especially veterans.
<strong>As a 20-year combat veteran, I'm committed to improving the support
systems that help America's heroes heal from the battle scars of
service.</strong>  <a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=IA03ZN&crop=15669QQQ36
target="_blank" rel="noopener"><img width="434" style="display: block; margin:
Opx auto; max-width: 100%;;" title="ptsd_Special_Days_(5).png"
src="https://iqconnect.house.gov/iqextranet/Customers/IA03ZN/ptsd_Special_Days_(5).png"
alt="Image" height="434"></a>  Today is National PTSD Screening Day. If
you've been struggling since experiencing a trauma, take a 5-question
self-screen to determine if your feelings are related to PTSD: <a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=IA03ZN&crop=15669QQQ36
target="_blank" rel="noopener">www.ptsd.va.gov/screen</a>  Talking about
mental health isn't easy - but with support, PTSD can be treated. In April, I
passed my bipartisan bill to ensure veterans have access to the mental health
support they need when they transition from their tour of duty back to civilian
life.  <strong>I'll always stand up for America's heroes. If you need
any assistance with your veterans benefits, please don't hesitate to call our
office at (515) 400-8180 or by visiting nunn.house.gov/veterans.</strong> 
<a</pre>
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=IA03ZN&crop=15669QQQ36
target="_blank" rel="noopener"><img width="265" style="display: block; margin:
0 auto; max-width: 100%;;" title="Get_Help_here.png"
src="https://iqconnect.house.gov/iqextranet/Customers/IA03ZN/Get_Help_here.png"
alt="Image"></a>  <span style="color: #000000;">As always, please reach
out to our <a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=IA03ZN&crop=15669QQQ36
target="_blank" rel="noopener">offices</a> with any concerns, comments, or
requests. Please also consider signing up for our <a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=IA03ZN&crop=15669QQQ36
target="_blank" rel="noopener">weekly newsletter</a> to get more updates on
news relevant to our community.</span>  <span style="color: #000000;">In
Service,</span>  <img width="162"
style="max-width: 100%;;"
src="https://iqconnect.house.gov/iqextranet/Customers/IA03ZN/ZMN_Signature_Transparent.png"
alt="Signature">  <span style="color: #000000;">Zach Nunn</span> 
<!-- Save for Web Slices (Untitled-1) -->  <table</li>
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auto; max-width: 100%;;" title="Social-Logos_05.jpg"
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alt="Image"></a> <img
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title="Social-Logos_06.png"
src="https://iqconnect.house.gov/iqextranet/Customers/IA03ZN/Social-Logos_06.png"
alt="Image">    <table class="footer-change"
general-change office-change mobile-footer" style="width: 100%; font-size: 9pt;
font-family: Arial, sans-serif; color: #9a9a9a; background-color: #ffffff;"
border="0" cellspacing="0" cellpadding="0">  
    <a
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target="_blank">Open in browser</a>&nbsp; &nbsp; &nbsp;<a
href="https://iqconnect.house.gov/iqextranet/view_newsletter_setup.aspx?plain_text=Y&link=IA03ZN
target="_blank">Open plain text version</a>&nbsp; &nbsp; &nbsp;<a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=IA03ZN&crop=15669QQQ36
here to unsubscribe</a>      

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