



#MyVoice

## Those who are accessing social media find it to be a “lifeline”

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*“It is our absolute best form of communication...EVER!”*

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*“It has been an absolute lifeline for me”*

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*“More importantly it has been amazing during my husband’s first deployment. We even opened presents together over Skype at Christmas and he spoke to the whole family.”*

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*“I am one of the dinosaurs that gets overwhelmed trying to use gadgets and technology but the whole virtual thing is phenomenal for staying connected and especially for alleviating feelings of isolation and loneliness.”*

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