

## Readjustment Issues...

**\*Contact the Vet Center for help with  
any of these issues...**

- Crisis
- Marriage, Family or Relationship Problems
- Anxiety
- Forgetfulness, Confusion
- Questions & Concerns from Family/Friends
- Guilt, Shame
- Avoidance of Reminders of Trauma
- Disturbing Dreams, Sleeplessness
- Lack of Motivation, Sluggish
- Anger, Irritability, Rage
- Alcohol or Substance Abuse
- Depression, Deep Sadness
- Problems with Authority
- Arousal, Hyper-Vigilance
- Anti-Social and Risk-Taking Behaviors
- Recurring Intrusive Thoughts
- Distrust of Others
- Isolation, Loneliness
- Problems Reconnecting with Family
- Emotional Numbness, Feeling Distant
- Lack of Meaningful Interaction with People
- Thoughts of Killing or Hurting Yourself
- Someone Who Knows You Well Has Asked You to Seek Help
- A Medical or Mental Health Professional Has Suggested You Seek Help



### **Info Numbers and Web Sites**

#### **Vet Centers**

**1-866-644-5371**

**[www.vetcenter.va.gov](http://www.vetcenter.va.gov)**

#### **Suicide Prevention**

**1-800-273-TALK (8255)**

#### **VA Education**

**1-888-442-4551**

**[www.gibill.va.gov](http://www.gibill.va.gov)**

#### **VA Benefits**

**1-800-827-1000**

**[www.vba.va.gov](http://www.vba.va.gov)**

#### **VA Health Benefits**

**1-877-222-8387**

**[www.va.gov/vbs/health/](http://www.va.gov/vbs/health/)**

#### **Burial Benefits**

**1-800-827-1000**

**[www.cem.va.gov](http://www.cem.va.gov)**

#### **Texas Veterans Commission**

**1-800-252-8387**

**[www.tvc.state.tx.us](http://www.tvc.state.tx.us)**



# Vet Center

**"We understand and most of all, we care."**



## **San Antonio Vet Center Readjustment Counseling Service**

- **San Antonio Vet Center**  
9504 IH 35 N, Suite 214  
San Antonio, TX 78233  
Phone: (210) 650-0422  
Fax: (210) 650-0169
- **NW San Antonio Vet Center**  
9910 W Loop 1604 N, Suite 126  
San Antonio, TX 78254  
Phone: (210) 688-0606  
Fax: (210) 688-3421

**"To care for those who have borne the  
battle and their widow and orphan..."**

**A. Lincoln**





## SERVICES PROVIDED

- Community Outreach & Education
- Individual & Group Counseling
- Marital, Family, & Relationship Counseling
- Military Sexual Trauma Counseling
- Bereavement Counseling
- Anger Management
- Spouse/Significant Other Support Groups
- Employment Guidance & Benefits Referral
- Liaison with VA and Community Sources



## Eligibility

If you, or a family member, served in any combat zone and received a campaign ribbon you are eligible for Vet Center services.

**Military Sexual Trauma (MST) Counseling**—any veteran who was sexually traumatized while serving in the military is eligible to receive counseling regardless of gender or era of service.

**Bereavement Counseling**—offered to parents, spouses, children, and siblings of Armed Forces personnel who die in the service to our country. Also eligible are family members of Reservist and National Guardsman who die while on federally activated duty.

## Eligible Campaigns



**American Merchant Marines**—In ocean going service during the period of armed conflict, 7 Dec 1941—15 Aug 1945

**Vietnam era Veterans (Not in the War Zone)** - 5 Aug. 1964 to 7 May 1975. (*Eligible until January 1, 2004*)

**Lebanon**—25 Aug 1982—26 Feb 1984

**Grenada**—23 Oct 1983—21 Nov 1983

**Panama**—20 Dec 1989—31 Jan 1990

**Persian Gulf**—2 August 1990 to—

**Somalia**—17 Sep 1992 to—

**Operations Joint Endeavor, Joint Guard, Joint Forge** - Veterans who participated in one or more of the three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval Vessels operating in the Adriatic Sea, or air spaces above those areas.)

**Sexual Trauma/Harassment Counseling**— Veterans of both sexes, all eras.

**Global War on Terrorism**—Veterans who serve or have served in military expeditions to combat terrorism on or after Sep 11, 2001 and before a terminal date yet to be established. Includes **Operation Iraqi Freedom** and **Operation Enduring Freedom**.

\*\*\*For a complete and current list, refer to the web site: [www.vetcenter.va.gov/Eligibility](http://www.vetcenter.va.gov/Eligibility)



## Confidentiality & Privacy

The Vet Center staff respects the privacy of all veterans and we hold in the strictest confidence all information disclosed in the counseling process. No Information will be communicated to any person or agency, without written consent from the veteran, except in circumstances to avert a crisis (Privacy Act, 1975).



**“We understand. We care. We can help.”**

## Post Traumatic Stress Disorder (PTSD)

- Normal response to an abnormal/ traumatic event
- Feelings of fear, helplessness, and/or horror
- Feelings and issues suppressed by the individual
- Becomes a disorder with passage of time

## National Center for PTSD

PTSD Information Line: (802) 296-6300

Web Site: <http://www.ptsd.va.gov>

**“Everyday may not be good, but there is some good in every day.”**

**“Author Unknown”**

**Vet Center**

*Keeping the Promise*