Readjustment Issues...

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

Cı	119	315	3

☐ 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

Suicide Prevention 1-800-273-TALK (8255)

> VA Education 1-888-442-4551 www.gibill.va.gov

VA Benefits 1-800-827-1000 www.vba.va.gov

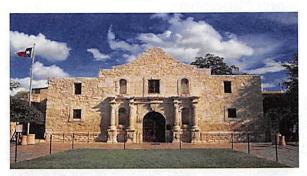
VA Health Benefits 1-877-222-8387 www.va.gov/vbs/health/

> Burial Benefits 1-800-827-1000 www.cem.va.gov

Texas Veterans Commission 1-800-252-8387 www.tvc.state.tx.us



"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.





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

Vietman 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



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"