

Other Important Resources

Veteran Benefits

Federal Department of Veterans Affairs

Education Home Loans
Disability Medical Care
Burial Life Insurance

www.va.gov

1-800-827-1000

GI Bill

1-888-442-4551

California Department Of Veterans Affairs

Disabled Veterans Business Enterprise

Home Loans

www.cdva.ca.gov

1-800-952-5626

Veterans Affairs San Diego Health Care

www.san-diego.med.va.gov

1-800-331-8387 or (858) 552-8585

Eligibility and Enrollment

(858) 552-7523

National Center for PTSD

www.ncptsd.org

County of San Diego Veterans Service Office

(760) 643-2049 (619) 531-4545



Background Information

The Vet Center program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were experiencing problems readjusting to civilian life. Eligibility has been extended to veterans of other armed hostilities from WWII to present.

Confidentiality and Privacy

Vet Center staff hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client.

San Marcos Vet Center

1 Civic Center Dr., Ste. 150

(City Hall Building)

San Marcos, CA 92069-2918

(760) 744-6914

San Diego Vet Center

2900 Sixth Ave.

San Diego, CA 92103-1003

(619) 294-2040

For information and
community education solicitations,
please contact

frederich.santos@va.gov

To find the Vet Center closest to you visit

www.vetcenter.va.gov

VASDHS MMPS
REV. 11/08

VET CENTERS



Readjustment Counseling Service

Welcome Home Iraqi & Enduring Freedom Veterans

**"Dedicated to serving
those who have served."**

Mission

The primary mission of the Vet Center is to reach veterans undergoing life readjustment problems after their military experience. And help those who experienced sexual trauma assault/harassment – while in the military. Vet Centers provide therapeutic counseling and referral services to facilitate a successful readjustment to civilian life.

Vet Center Eligibility

- Ongoing clinical counseling is available to combat veterans and combat theater veterans regardless of current or past income. You earned services when you served in a theater of combat
- There are no time limitations regarding when you may receive Vet Center Services
- Only documentation needed is DD 214 showing qualifying service
- No complicated forms or long waits

In case of Sexual Trauma there is no requirement of incident documentation. Your word alone is proof enough. Both male and female service veterans may receive Sexual Trauma Treatment. Vet Center Services are always free.

Vet Center Services

Services provided at no costs to our veterans and their families include:

- Individual/Group Counseling
- Marital and Family Counseling
- Bereavement Counseling for deceased veteran's family
- Sexual Trauma Counseling
- Workshops on stress, anxiety, and anger management
- Support group for significant others
- Information and referral services to other resources for veterans

Post Traumatic Stress is a NORMAL response to ABNORMAL stress such as combat experience. It is not a sign of weakness. Some changes are even a survival adaptation to combat. But these changes may affect your transition back into community life. If not properly treated Post Traumatic Stress may develop into a disorder. Vet Center counselors can help you address Post Traumatic Stress and return to a more peaceful outlook.

Recognizing Problem signs

Since you have been back, have you:

- Experienced disturbing intrusive memories or even nightmares about the war?
- Been unnecessarily on guard, on edge, or jumpy?
- Felt tense, unmotivated or even depressed?
- Had problems sleeping?
- Felt uninterested in activities you enjoyed?
- Felt less affectionate with your loved ones, perhaps wanting to isolate from them?
- Engaged in High Risk behavior (speeding, physical fighting, or other thrill seeking)?

- Had issues with your career or job performance?
- Had problems in your relationships/marriage?
- Felt angry at "system" for the way things happened?
- Found yourself using street drugs or over drinking?

If so, come into your local Vet Center or Veteran Affairs Health Care Center. Post Traumatic Stress hurts relationships, family, and careers. Our services are the difference between surviving the war or living again.

Sexual Trauma/Harassment Counseling

Sexual Trauma may result from sexual harassment, assault, rape, or other acts of sexual aggression. Some veterans are aware of an uncomfortable and frightening feeling when they think back on the incident. They may feel embarrassment or even feel as if they were somehow to blame. If not properly treated Sexual Trauma may develop into Post Traumatic Stress Disorder. However, it is treatable. Vet Centers have professionals with the specialized knowledge and experience to understand the physical and emotional after-effects of Sexual Trauma. Any veteran female or male may be provided with Sexual Trauma treatment.

Bereavement Counseling is assistance and support to people with emotional and psychological stress after the death of a loved one. It is available for spouses, parents and children of Armed Forces personnel who died while serving.