

ATTENTION VETS: The Department of Veterans Affairs Mobile Vet Center will visit Langley AFB from 8 a.m. to noon June 1 at the 633rd Mission Support Group distinguished visitor parking circle at 45 Nealy Ave. The Mobile Vet Center offers a variety of counseling and support services at no cost to veterans, including individual and group counseling, marital and family counseling, medical referrals, assistance in applying for VA benefits, employment counseling, alcohol and drug assessments, and more. For more information, call 1 (877) 927-8387 or visit <http://www.vetcenter.va.gov/>.



Background of Readjustment Counseling Service

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligible veterans in order to help them make a satisfying post-war readjustment to civilian life. **The family members of combat theater veterans may also be eligible for Vet Center services as well. We understand, and most of all, we care.**

Mobile Vet Center Features:

- 38' Mobile Counseling Center
- 2 Private offices in the MVC
- Satellite Communication & Internet Service with VA Medical Centers (sat. phones, fax/copiers, laptops)
- Video conference / Tele-health
- 3 Flat screen TV's for training and educational videos
- Wheelchair lift & Accessibility
- Full Time Veteran Driver & Veteran Counselor

We are here to provide services to Veterans in underserved areas!



MOBILE VET CENTER

Richmond, Va
(804) 353-8958

To locate your nearest Vet Center call:
1-877-WAR VETS

Or go to:

www.vetcenter.va.gov



PTSD

Post Traumatic Stress is a normal set of reactions to a trauma such as war, which could be experienced by almost anyone. Sometimes, it becomes a Disorder (PTSD) with the passage of time when feelings or issues related to the trauma are not dealt with, but are suppressed by the individual. This can result in problems readjusting to community life following the trauma. A delayed stress reaction may surface after many years and include some or all of the following problems:

- anger, irritability, and rage
- feeling nervous
- depression
- difficulty trusting others
- feeling guilt over acts committed or witnessed, the failure to prevent certain events, or merely having survived while others did not.
- hyper alertness and startle reactions
- feeling grief or sadness
- having thoughts and memories that will not go away
- isolation and alienation from others
- loss of interest in pleasurable activities
- low tolerance to stress
- problems with authority
- problems feeling good about one self
- nightmares
- substance abuse
- trouble sleeping
- anxiety
- paranoia

WE CAN HELP!

READJUSTMENT COUNSELING SERVICES

- Individual counseling
- Group counseling
- Marital and family counseling
- Bereavement counseling
- Medical referrals
- Assistance in applying for VA Benefits
- Employment counseling, guidance and referral
- Alcohol/Drug assessments
- Information and referral to community resources
- Sexual trauma counseling & referral
- Community education

We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

Vet Centers Value:

- *Veteran focused services*
 - *Quality*
 - *Community based care*
- *Delivery of cost effective services*
- *Health, wellness, and preventive services*
- *Honoring & respecting the service of our nation's veterans & their families*

**Confidentiality
And Privacy**

Vet Center Staff respect the privacy of all veterans. We 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, except in circumstances averting a crisis.

**VET CENTER SERVICES
ARE PROVIDED AT NO
COST TO THE VETERAN
OR FAMILY**

Vet
Center



*We Value the Diverse
Composition and Experiences
of the Veterans We Serve*

Vet
Center

*Welcome Home
Veterans and Families*



"Keeping the Promise"

