

# Vet Center

**Free Counseling Services  
For combat zone veterans  
From every conflict**

PTSD

Group and one-on-one

Bereavement Counseling

Sleep problems

Military Sexual Trauma/Harassment

Anger Management

Marital problems/couples' counseling

Alcohol and/or Drug Problems

Depression & Anxiety

Trouble Coping with Stress

Social Problems

**Also offered:**

Parenting Classes

Benefits/Job Counseling

Running Group

Meditation/Yoga/Stress Reduction

"I would rank my experience at the Vet Center as the third best thing I have ever done, after coming back alive from the war and meeting my girlfriend. Very comfortable, welcoming atmosphere, never a judgment passed on me; they let you be who you are."

OEF Veteran, 27 Years Old



## THINGS YOU NEED TO KNOW

- ◆ Persistent problems dealing with your combat zone experience is common. *You are not crazy!*
- ◆ You are not weak of character if you have PTSD or are having readjustment problems.
- ◆ The sooner you get help after the trauma, the better the outcome. If you are a new Veteran and are still having difficulty readjusting after a few months, don't delay coming in for help!
- ◆ You may feel you are at the mercy of these problems. You can learn to control them, lessen their impact on your life, and decrease their frequency and severity no matter how long you have been struggling.
- ◆ Sometimes people make reasonable adjustments for years and feel they have put their combat zone experiences behind them. Problems may suddenly appear after retirement, serious illness, death of a loved one or following some other significant stressor in your life. This happens to all Veterans of all eras and all wars. You are not alone, so do not be afraid to seek help.

## WHAT OTHER VETERANS HAVE TO SAY ABOUT THEIR EXPERIENCE AT THE VET CENTER

"Expressed sincerity! Gave good info on what I needed to do and put in touch with (the) correct people. I didn't get the run around." Air Force Veteran, 30 years old

## VET CENTER HOURS

**Monday 9:00- 6:30**  
**Tuesday—Friday, 9:00—5:30**  
**Evenings, mornings, weekends by appointment**  
**(607) 722-2393**  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)