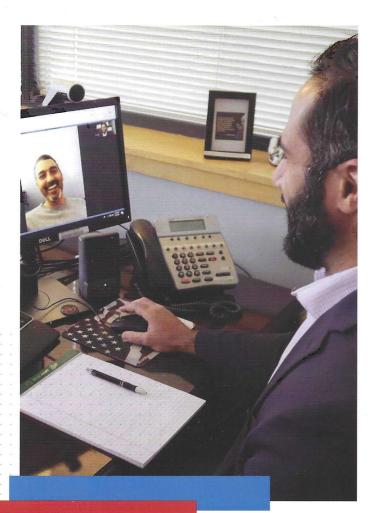


# Who We Are

Conveniently located in your community, Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.



93% of those who use Vet Centers say their quality of life benefits from our services.

# **Our Services**

# Counseling.

We provide individual, group, couples, and family counseling to talk through problems, brainstorm solutions, discuss what resources are available, and work with you to create effective and practical plans for your personal growth.

#### Referrals.

We provide medical, benefit, employment, and other VA and community referral services to help you and your family navigate time-consuming tasks, like applying for VA benefits or finding a job.

# Community engagement.

Vet Centers help you connect with your community by working with local partners and using our resources to advocate for your needs. Ultimately, this allows us to create a greater support system for you and your family.

# **Our Core Benefits**

### Welcoming environment.

Our Vet Center community treats you like family. We work hard to ensure you feel respected, safe, relaxed, and comfortable with everyone while you are here.

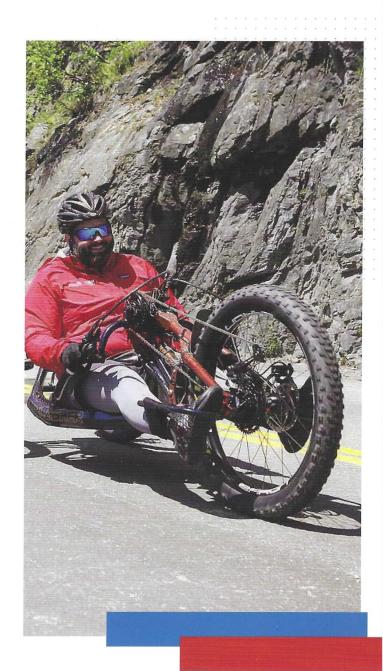
#### Community of support.

Whether you come in for one-on-one counseling or to participate in a group session, Vet Centers allow you to form social connections, try new things, and build a support system with people who understand you and want to help you succeed.

### Practical and therapeutic services.

At Vet Centers, one size does not fit all. From talk therapy to recreational activities, our team works with you to identify your individual goals and find the right plan that meets them.

97% of those who are new to Vet Centers say they feel welcome and safe.



### Who We Serve

We focus on providing services to Veterans and service members who supported or served in combat operations, areas of hostility, stateside deployments or endured

Scan for Eligibility military service-related trauma to include military sexual trauma. We also serve their families in coping with a deployment, to support the growth and goals of the Veteran or service member, and in certain cases to provide bereavement services. Eligibility varies based on individual military experience including those with service in the National Guard, Reserve, and Coast Guard. We look for reasons and means to qualify individuals rather than turn them away. If someone is found to not meet our eligibility, we will work with them to find available community resources that may be suitable.









SERVICE MEMBERS



NATIONAL GUARD
AND RESERVE



FAMILY MEMBERS

# **Our Priorities**

#### Safe and confidential.

94% of those who use Vet Centers trust us to provide services that improve their lives.

Our records cannot be accessed by other VA or DoD offices, military units, or other community networks and providers without your permission or unless required to avert a life-threatening situation. Here, you can be as open as you want — there's absolutely no judgement.

# Guided by professionals who get it.

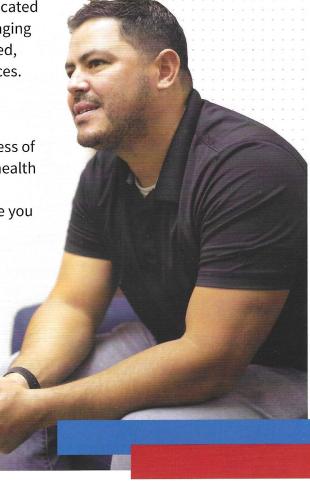
Our highly trained counselors and team members are dedicated to seeing you through the challenges that come with managing life during and after the military. Most of us have also served, so we understand common Veteran and military experiences.

# No cost. No strings attached.

Vet Center services are available to you at no cost, regardless of discharge character, and without the need to enroll in VA health care or have a service-connected disability. We also have appointments available to fit your schedule and encourage you to stop by for more information.

95% of those who use Vet Centers feel their appointments are scheduled within a reasonable amount of time.

Statistics represent recent survey responses from established clients.



# To Vietnam Veterans, With Thanks

It is because of Vietnam Veterans that Vet Centers exist today. These Veterans refused to be forgotten, refused to be stigmatized, and insisted on a program where they were at the center of their care. We remain grateful to them for ensuring generations of men and women can turn to the support and community of a Vet Center.

Find a Vet Center <a href="https://www.va.gov/find-locations">www.va.gov/find-locations</a>

Call us 24/7 Vet Center Call Center: 877-927-8387



#### Can't make it to a Vet Center?

Our services are also offered through Mobile Vet Centers, virtual appointments, and other community locations that might be more convenient.

#### **Veterans Crisis Line**

If you or someone you know is in crisis or having thoughts of suicide, please Dial 988 and Press 1, by text 838255, or through chat online at:

https://www.veteranscrisisline.net/chat.





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