

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.



Welcome Home Veterans



Request for outreach and education for your event or organization by Vet Center Staff or to have the Mobile Vet Center at your event contact your local Vet Center

To find out more about our program and locations near you:

**Readjustment Counseling Service
Vet Center Program**
877-WAR-VETS (927-8387)
<http://www.vetcenter.va.gov>

North Carolina Vet Center Locations

Charlotte Vet Center

2114 Ben Craig Dr., #300
Charlotte, NC 28262
(704) 549-8025

Fayetteville Vet Center

2301 Robeson St. Suite 103
Fayetteville, NC 28305
(910) 488-6252

Greensboro Vet Center*

3515 W Market St., Suite 120
Greensboro, NC 27406
(336) 323-2660

Greenville Vet Center*

1021 W.H.Smith Blvd., #100
Greenville, NC 27834
(252) 355-7920

Raleigh Vet Center

8851 Ellstree Lane, Suite 122
Raleigh, NC 27617
(919) 361-6419

Jacksonville Vet Center

110A Branchwood Dr
Jacksonville, NC 28546
(910) 577-1100

Vet Centers maintain after normal business hours and some weekend hours to accommodate the schedules of Veterans and their family members. Please call local Vet Center for details on their hours.

* Denotes locations with Mobile Vet Center (MVC) Vehicles .

North Carolina Vet Centers

"Keeping the Promise"



We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner.

Vet Center Call Center

1-877-WAR-VETS

Vet Center Call Center is an around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as families members of combat Veteran

•ELIGIBILITY:

Any Veterans and active duty Service members, to include members of the National Guard and Reserve components, who:

- Have served on active military duty in any combat theater or area of hostility*
 - Experienced a military sexual trauma;
 - Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war, or;
 - Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility.
- family members

•Vet Center services are also provided to of Veterans and Service members for military related issues when it is found aid in the readjustment of those that have served. This includes bereavement counseling for families who experience an active duty death.

*Service in combat theater or area of hostility to include but not limited to:

World War II
(including American Merchant Marines)
Korean War
Vietnam War
Lebanon
Grenada
Desert Storm/ Desert Shield
Bosnia
Kosovo
Operations in the former Yugoslavia area
Global War on Terrorism
Operation Enduring Freedom
Operation Freedom's Sentinel
Operation Iraqi Freedom
Operation New Dawn

READJUSTMENT COUNSELING SERVICES

•*Individual and group counseling for Veterans and their families*

•*Family counseling for military related issues*

•*Bereavement counseling for families who experience an active duty death*

•*Military sexual trauma counseling and referral*

•*Outreach and education including PDHRA, community events, etc.*

•*Substance abuse assessment and referral*

•*Employment assessment & referral*

•*VBA benefits explanation and referral*

•*Screening & referral for medical issues including TBI, depression, etc.*

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

- The Readjustment Counseling Service currently operates Vet Centers located throughout the United States, Guam, Puerto Rico, and the Virgin Islands.
- In addition, the Vet Center operates Mobile Vet Center (MVC) Vehicles throughout the lower 48 States.



The MVC has space for confidential counseling and transports Vet Center counselors and outreach staff to events and activities. With the MVC, we reach Veterans in broad geographic areas.

www.vetcenter.va.gov

US Department Of Veteran Affairs, Vet Center's program is designed to provide easy to access services with minimal barriers to counter the effects of stigma in getting services. Veteran friendly community-based locations that are staff by a small multi-disciplinary teams of providers, many of which are combat veterans themselves.

Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families.

Common Problems After Trauma Post-Traumatic Stress Disorder (PTSD)

Thinking about the traumatic event a lot
Avoiding people/places that remind you of trauma
Feeling numb or detached
Difficulty relaxing
Being easily startled, feeling jumpy or on edge

Depression

Feeling sad or down more days than not
Losing interest in activities that used to be fun
Low energy and overly tired
Hopelessness; feeling like things won't get better
Self blame, guilt, and shame
Suicidal thoughts

Anxiety

Feeling on guard all the time
Repeating thoughts and rituals
Worrying all the time

Anger or aggressive behavior

Although anger is healthy emotion, intense anger after trauma can lead to relationship and job problems.

Alcohol/Drug Abuse

Family/Relationship Difficulties

Marital/relationship issues
Behavior problems with children