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What Do Vet Centers Offer?

- PTSD counseling
- Military Sexual Trauma counseling
- Marital/Family counseling
- Individual counseling
- Group counseling
- EMDR
- CPT
- Prolonged Exposure
- Liaison with the VA
- Referral source
- Outstations/Community Access Points located in 14 communities in Northeast Wisconsin
- Recreational Therapy
- Bereavement Counseling

Eligibility

- Combat zone
- Military sexual harassment/assault victims
- Unmanned Aerial Vehicle pilots
- Handled casualties
- Lost a loved one who was serving on active duty
- Active, Guard and Reservists are eligible for Vet Center services if they have experienced any of the above.
- Discharge type does not matter

Don't Wait Until You Break!

- Isolation/withdrawal
- Depression
- Avoidance of public places or crowds
- Lack of emotion/detached
- Extreme hypervigilance/startle reflex

- Irritability/easily triggered
- Self-medicating
- Anger or rage
- Nightmares