

## Important Phone Numbers

**US Department of Veterans Affairs**  
Education, Home loans, Disability, Medical Care,  
Burial, Life Insurance, visit  
[www.va.gov](http://www.va.gov)  
1-800-827-1000

**Veteran Crisis Number**  
1-800-273-8255

**National Center for PTSD**  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

**GI BILL**  
1-888-442-4551

**Veterans Affairs San Diego Health Care**  
[www.sandiego.va.gov](http://www.sandiego.va.gov)

1-800-331-8387 or (858) 552 - 8585  
**Eligibility and Enrollment**  
(858) 552 - 7523

**California Department of Veterans Affairs**  
[www.calvet.ca.gov](http://www.calvet.ca.gov)  
1-800-952-5626

**County of San Diego Veterans Service Office**  
[www.sdcountry.ca.gov](http://www.sdcountry.ca.gov)  
(760) 643-2049 (858) 694-3222

**Homeless Veteran Call Center**  
1-877 4AID VET (1-877-424-3838)



## Background Information

The Vet Center program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were experiencing problems readjusting to civilian life. Eligibility has been extended to veterans of other armed hostilities from WWII to present.

## Confidentiality and Privacy

Vet Center staff hold in the strictest confidence all information disclosed in the counseling process.

**San Diego Vet Center**  
2790 Truxtun Road Suite 130  
San Diego, CA 92106  
Phone: (858) 642 - 1500

**San Marcos Vet Center**  
1 Civic Center Drive Suite 150  
(City Hall Building)  
San Marcos, CA 92069-2918  
Phone: Toll Free (855) 898 - 6050

**Chula Vista Vet Center**  
180 Otay Lakes Road Suite 108  
Bonita, CA 91902  
Phone: Toll Free (877) 618 - 6534

For information and community education solicitations, please contact our outreach personnel at your local Vet Center.

**Vet Center Services**  
*are always free!*

To find the Vet Center closest to you visit  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**Vet Center Call Center**  
1-877-WAR VETS (1-877-927.8387)

# VET CENTERS



## Readjustment Counseling Service

**Vet Centers of  
San Diego County**

**“DEDICATED TO SERVING  
THOSE WHO HAVE SERVED”**

## Mission

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 Center Eligibility

- ◆ You earned our services when you served.

## Vet Center Services

- ◆ Individual /Group Counseling
- ◆ Marital & Family Counseling
- ◆ Workshop on stress, anxiety, and anger management
- ◆ Support group for significant others
- ◆ Sexual trauma/PTSD counseling
- ◆ Employment referrals and assistance
- ◆ No complicated forms or long waits.
- ◆ There are no time or durations limitations on Vet Center Services.
- ◆ Can walk in and set up an appointment

## Sexual Trauma / Harassment Counseling

Sexual trauma may result from sexual harassment, assault, rape and/ or other acts of aggression. Vet Centers have trained professionals with specialized knowledge and experience to understand the physical and emotional after-effects of sexual trauma. In the case of sexual trauma, there is no requirement of incident documentation. Your word alone is proof enough to receive counseling. Counseling for sexual trauma is available to active duty and veterans; both male and female.

## Bereavement Counseling

Assistance and support to people with emotional and psychological stress after the death of a loved one. It is available for spouses, parents, siblings, significant others and children of Armed Forces personnel who died while in active duty.

## Post Traumatic Stress

Is a NORMAL response to ABNORMAL stress such as combat experience. It is not a sign of weakness. Some changes are even an adaptation to combat. These changes or adaptation may affect a veteran's ability to transition back into community life. Vet Center counselors can help address Post Traumatic Stress and return the veteran to a more peaceful life.

## Recognizing Problem Signs

- ◆ Disturbing intrusive memories or even nightmares about the war
- ◆ On guard, on edge, or jumpy
- ◆ Tense, unmotivated or depressed
- ◆ Problems sleeping
- ◆ Uninterested in activities you normally enjoy
- ◆ Less affectionate with your loved ones, or wanting isolation from them
- ◆ High risk behavior like speeding, physical fighting, or other thrill seeking
- ◆ Issues with career, or jobs performance
- ◆ Relationship or marital problems
- ◆ Angry at the "system" for the way things happened
- ◆ Using street drugs or drinking to cope

## Combat Service Support

Active duty, reservists and Veterans who provided direct emergency medical, mental health, mortuary or unmanned aerial support services to personnel involved in combat operations or hostilities.



Ongoing clinical counseling is available to combat veterans from the following periods of hostilities:

World War II 12/07/1941 TO 12/31/1946  
American Merchant Marines in oceangoing service during the period of armed conflict, 7 Dec. 1941 to 15 Aug. 1945  
Korean War 06/27/1950 to 12/31/1955  
Vietnam War 02/28/1961 to 05/07/1975  
Lebanon 08/25/1982 TO 02/26/1984  
Grenada 11/21/1983 to 01/31/1990  
Panama 12/20/1989 to 01/31/1990  
Persian Gulf 08/02/1990 to TBD  
Somalia 09/17/1992 to date to TBD  
Bosnia/Kosovo 12/20/1996 to 04/08/1999  
GWOT Operation Iraqi Freedom 04/03/2003 to date to be determined  
GWOT Operation Enduring Freedom 09/11/2001 to date to TBD