

**Confidentiality
and Privacy**

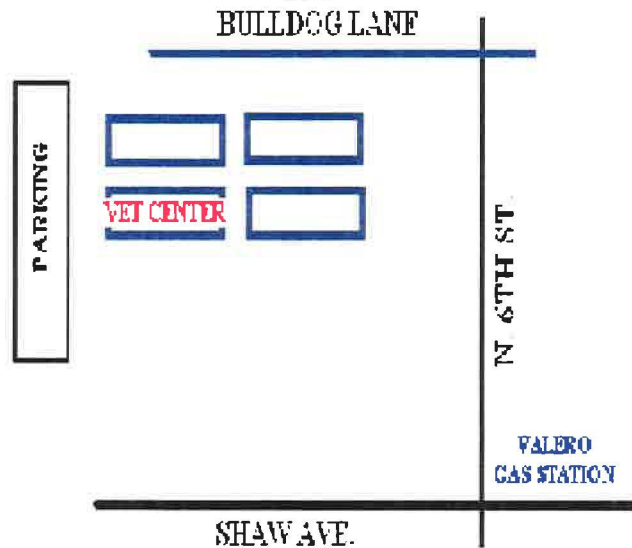
Vet Center Staff respect the privacy of all Veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.

**VET CENTER
SERVICES ARE FREE
TO
ELIGIBLE VETERANS**

**Vet
Center**

“Keeping the Promise”

Fresno Vet Center
1320 E. Shaw Ave, Suite 125
559.487.5660
Hours of Operation:
Mon-Tues-Wed: 8am-9pm
Thurs & Sat: 8am-4:30pm
Fri: 8am-4:30pm



WWW.VETCENTER.VA.GOV

COMBAT CALL CENTER: 1-877-WAR-VETS

**VETERANS CRISIS LINE: 1-800-273-8255
PRESS 1**

BENEFITS: 1-800-827-1000

EDUCATION: 1-888-442-4551

HOMELESS CALL CENTER: 1-877-424-3838

**STATUS OF HEADSTONES & MARKERS:
1-800-697-6497**

FRESNO



Vet Center

**Providing High Quality
Readjustment Counseling
Services to Veterans &
Families of the Central Valley!**

History of Vet Center Services

- Vet Centers are a program of the VA's Re-adjustment Counseling Service.
- Vet Centers were established by Congress in 1979 in recognition that a significant number of Vietnam Veterans were still experiencing readjustment problems.
- In 1995, service extended to all war zone Vets and to those that experienced military sexual harassment / assault while on active duty.
- In 2003, the Secretary of the VA extended eligibility to include OEF/OIF Veterans.
- Vet Centers are now authorized to furnish bereavement counseling to surviving family of service members who die of any cause while on active duty and to select combat service support personnel in need of readjustment counseling services.
- Our goal is to provide a broad range of counseling, outreach and referral services, to help Vets and their families make a successful post-war readjustment.

Eligibility for Services

War Zone Veterans - all eras, including:

World War II - 7 Dec 1941 to 31 Dec 1946

American Merchant Marines - In ocean-going service during the period of armed conflict - 7 Dec 1941 to 15 Aug 1945

Korean War - 27 Jun 1950 - 27 Jul 1954

Vietnam War - 28 Feb 1961 - 7 May 1975

Vietnam Era Non Theater - 5 Aug 1964 - 7 May 1975 (eligible if seen prior to 1 Jan 2004)

Lebanon - 25 Aug 1982 to 26 Feb 1984

Grenada - 23 Oct 1983 to 21 Nov 1983

Panama - 20 Dec 1989 to 31 Jan 1990

Persian Gulf - 2 Aug 1990 to present

Somalia - 17 Sep 1992 to present

Operations Joint Endeavor, Joint Guard, Joint Forge - Veterans who participated in one or more of these three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval vessels operating in the Adriatic Sea, or air spaces above those areas)

Sexual Trauma/Harassment Counseling - Veterans of both sexes, all eras

Global War on Terrorism - Veterans who serve or have served in military expeditions to combat terrorism on or after September 11, 2001 and before a terminal date yet to be established

Bereavement - Parents, spouses and children of Armed Forces personnel who died while in service to their country. Family members of Reservists and National Guardsmen who die while on duty are included

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

Readjustment and PTSD

Readjusting to civilian life after war can be difficult. PTSD is a common set of reactions to a trauma such as combat exposure which could be experienced by almost anyone. Sometimes, it becomes a disorder (PTSD) with the passage of time when feelings or issues related to the trauma are not sufficiently dealt with. This can result in problems readjusting to community life. A delayed reaction may surface after several months or even many years and include some or all of the following problems:

- anger, irritability, and rage
- feeling nervous, anxious, jumpy or paranoid
- depression
- difficulty trusting, problems with authority
- feeling guilt over acts committed or witnessed, the failure to prevent certain events, or merely having survived while others did not
- hyper-alertness and exaggerated startle reactions
- feeling grief or sadness
- having unpleasant thoughts and memories that will not go away
- isolation and alienation from others
- loss of interest in pleasurable activities
- low tolerance to stress or frustration
- problems feeling good about one-self
- nightmares & trouble sleeping
- substance abuse

Readjustment Counseling Services Include:

Individual Counseling
Group Counseling
Marital and Family Counseling
Bereavement Counseling
Sexual Trauma Counseling
Education and Outreach
Assistance with Applying for VA Benefits
Referral to Medical Services
Alcohol/Drug Treatment Referral

