

What the Vet Center Does

Vet Centers provide readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the veteran or family.

About the Vet Center

The Department of Veterans Affairs Vet Center program operates a system of 232 community based counseling centers. The Vet Centers are staffed by small multi-disciplinary teams of dedicated providers, many of which are combat veterans themselves. Vet Center staff are available toll free during normal business hours at 1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific).



Our Services

- Individual Counseling
- Group Counseling
- Marital & Family Counseling
- Bereavement Counseling
- Assistance in applying for VA Benefits
- Medical Referrals/Liaison With VA Medical Centers
- Employment Referral
- Information and referral to community
- Sexual trauma counseling & referral
- Community education



Vet Center Eligibility

- Service in a Combat Theatre
- Experienced Sexual Harassment/Trauma
- Bereavement offered for family of military service members who died in/from the service of their country

What We Do

Readjustment counseling is wide range of services provided to combat veterans in the effort to make a satisfying transition from military to civilian life. Services include individual counseling, group counseling, marital and family counseling, bereavement counseling, medical referrals, assistance in applying for VA Benefits, employment counseling, guidance and referral. alcohol/drug assessments. information and referral to community resources, military sexual trauma counseling & referral, outreach and community education.



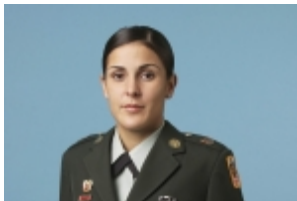
PTSD

Post Traumatic Stress is a normal set of reactions to trauma such as war, which could be experienced by anyone. In some cases, it becomes a Disorder (PTSD) with the passage of time when issues or feelings related to the trauma are not dealt with, but are suppressed by the individual. This can result in problems readjusting to civilian life following the trauma. A delayed stress reaction may surface after many years and include some or all of the following problems:

- Anger, irritability, or rage
- Feeling nervous or anxious
- Depressed
- Difficulty trusting others
- Feeling guilt over acts committed or witness, the failure to prevent certain events, or merely having survived when others did not
- Hyperalertness and startle reactions
- Feeling grief or sadness
- Having thoughts or memories that will not go away
- Isolation and alienation from others
- Loss of interest in pleasurable activities
- Low tolerance to stress or apathy to life threatening events

PTSD Continued

- Problems feeling good about oneself
- Nightmares
- Substance Abuse
- **Trouble sleeping**
- Anxiety
- Paranoia



Vet Centers in Michigan

Dearborn Vet Center

2881 Monroe Street Suite 100
Dearborn, MI 48124
Phone: (313) 277-1428

Detroit Vet Center

4161 Cass Avenue
Detroit, MI 48201
Phone: (313)-831-6509

Escanaba Vet Center

3500 Ludington Street, Suite # 110
Escanaba, MI 49829
Phone: (906)-233-0244

Grand Rapids Vet Center

2050 Breton Rd SE
Grand Rapids, MI 49546
Phone: (616)-285-5795

Saginaw Vet Center

4048 Bay Road
Saginaw, MI 48603
Phone: 989-321-4650

Vet Center



Readjustment Counseling Service

Welcome Home, Vets!
“Dedicated to serving those
who have served.”

Vet Center

2050 Breton
Grand Rapids, MI
616 285-5795