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# Support Our Troops, Veterans, and Their Families

## How Can I Help?

### Donate to the Following Charities

* Wounded Warrior Project
* United Service Organization (USO)
* Navy-Marine Corps Relief Society
* Fisher House Foundation
* Army Emergency Relief Fund
* Air Force Aid Society

### Volunteer at the VA

* http://www.volunteer.va.gov/

### Listen and Be Patient

### Say Thank You!

## Effects of War: PTSD

### PTSD

* Can develop after exposure to a traumatic event or experience such as military combat

### Symptoms include:

* Flashback Episodes
* Terrifying Memories
* Nightmares
* Being Easily Startled
* Sleep Difficulties
* Being easily irritated or angry
* Loneliness
* Substance Abuse
* Depression

## What Help is Available?

### UHCL Counseling Services

* 281.283.2580
* SSCB 3.103

### Veteran Crisis Line

* 1-800-273-8255

### Suicide Prevention Lifeline

* www.suicidepreventionlifeline.org

### Texas Veterans Commission

* www.tvc.state.tx.us/

### Services for Homeless Vets

* www.va.gov/homeless/
* 877.4AIDVET

### Michael E. Debakey Veteran’s Affairs Medical Center

* 713.791.1414
* 200 Holcombe Blvd., Houston Texas 77030

## Returning Home: How to Get Back to Normal

### Reunion Stress

* Recognize that coming home may mean stressful changes, but this is very normal

### Time with Family and Friends

* Make a special effort to reconnect with loved ones

### Go Slowly

* Take time to ease back into your old routines

### Communicate with Others

* Talking about your experiences may help to relieve stress

### Take Care of Your Physical Health

* Rest, exercise, healthy eating, and avoid substance use/abuse

## Tips for Family Members Coping with Deployment

### Stay Calm

* The majority of deployed troops are not harmed

### Keep Routines

* Familiar habits can be very comforting

### Take Time for Fun

* Take a walk, spend time with pets, play a game

### Negative Feelings are Normal

* Fear, anxiety, and anger are normal reactions

### Lean on Your Support Network

* Talk with family and friends through difficult times