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

Say Thank You!

Volunteer at the VA
- http://www.volunteer.va.gov/

Listen and Be Patient

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