

# 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

### [Counseling Services](#)

University of Houston-Clear Lake  
2700 Bay Area Blvd., Houston, TX 77058

## 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](http://www.suicidepreventionlifeline.org)

### Texas Veterans Commission

- [www.tvc.state.tx.us/](http://www.tvc.state.tx.us/)

### Services for Homeless Vets

- [www.va.gov/homeless/](http://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

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# 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