

# VETERANS SUPPORT:

## Mental Health and Well-Being

**“THE FIRST STEP  
TOWARD RECEIVING  
MENTAL HEALTH CARE  
IS THE REALIZATION THAT  
YOU MAY NEED HELP.”**

Life after military service can be a challenging transition. Many veterans experience a loss of purpose, structure, isolation, and a sense of belonging that can have a significant impact on well-being.

This resource is designed to provide veterans and family members with information on recognizing signs, seeking professional help and resources, and exploring therapeutic approaches to care.

### Recognizing the Signs

1. **Mood Changes:** Pay attention to shifts in your mood, such as persistent sadness, irritability, or a general feeling of hopelessness. Also, losing interest in or not getting pleasure from most of your daily activities.
2. **Physical Symptoms:** Unexplained aches and pains, gaining or losing weight, changes in sleep patterns, and fatigue can all be indicative of underlying depression or anxiety.
3. **Social Isolation:** If you find yourself withdrawing from friends and family or struggling to connect with others, it may be a sign to seek help.
4. **Substance Use:** Self-medicating with drugs or alcohol is a common response to emotional distress, which can exacerbate the problem.
5. **Trouble Concentrating:** Difficulty focusing, making decisions, or remembering things can be cognitive signs of depression or anxiety.

The signs and symptoms of depression may be hard to notice at first, so it's important to be aware of your thoughts, moods, and behaviors and note if they start to change.

\*Source: U.S. Department of Veterans Affairs

# Therapeutic Approaches and Seeking Help

Living through traumatic events can cause mental health problems that manifest in several ways—sometimes at the same time. Treatment for a combination of problems may be different than treatment for just one of them, so it's important for veterans to describe all their symptoms to providers.

***There is a supportive network of resources available to help you face challenges and find the stability and well-being you deserve.***

**Counseling:** Individual, group, and family therapy are all effective options to address depression and anxiety. Licensed counselors can help you explore the underlying causes of your mental health issues and develop coping strategies.

## **Turn to your Perspectives Assistance Program (EAP/MAP/SAP)**

You have access to:

- Licensed, professional counselors available 24/7 who can assess your situation, determine next steps, and refer you to appropriate care or treatment options
- Specialists who can answer legal and financial questions and provide affordable referrals
- Confidential counseling services and resources for you and your family members
- Support and guidance through the care and recovery process

## **Holistic Approached and Mindfulness Practices:**

Grounding yourself in the present moment can help you cope better with unpleasant thoughts and emotions. Explore alternative therapies such as mindfulness, yoga, and meditation to complement traditional treatment methods.

[Access a library of mindfulness and mediation exercises.](#)

**Peer Support:** Engage with fellow veterans who have experienced similar challenges. Their support can be invaluable in your journey to recovery.

[Make the Connection](#), which links vets, friends, and family to information, resources, and solutions for various life issues.

[Vets4Warriors](#) – Round-the-clock peer-based support by veterans for veterans, service members, family members, and caregivers.

**VA Services and Community Resources:** The Veterans Affairs (VA) offers a range of mental health services, including individual counseling, group therapy, and access to psychiatric medication.

If needed, psychiatric medications prescribed by a healthcare provider can alleviate symptoms and make therapy more effective.

[Learn how to get mental health and substance abuse help through the VA.](#)

[The National Resource Directory](#) is a database of validated resources that supports recovery, rehabilitation, and reintegration for service members, veterans, family members, and caregivers.

Source: usa.gov

**Seeking support is a sign of strength, not weakness.**

Your Perspectives Assistance Program is Here When You Need Us

**24/7 Call or text 800.456.6327**  
[perspectivesltd.com/login](https://perspectivesltd.com/login)