

# Vet Centers

## Readjustment Counseling Service

*Vet Centers serve veterans* and their families by providing a continuum of quality care, which adds value for veterans, families and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of services with community agencies, and providing a key success link between the veterans and other services in the U.S. Department of Veterans Affairs.

### **Service members returning from theater may experience:**

- Marriage/Relationship Problems
- Nightmares or Sleeplessness
- Lack of Structure/Motivation
- Financial Hardships
- Endless Questions from Family
- Guilt or Shame
- Feelings of Isolation
- Anger, Irritability, or Rage
- Alcohol or Substance Abuse
- Depression or Anxiety Attacks
- Medical Issues
- Financial Hardships

### **Services Provided**

- Individual Readjustment Counseling
- Group Meetings and Counseling
- Military Sexual Trauma Counseling
- Bereavement Counseling
- Marital and Family Counseling
- Employment Counseling and Guidance
- Benefits Assistance and Referral
- Substance Abuse Information and Referral
- Community Education
- Liaison with Community Agencies

## **Oklahoma City Vet Center**

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