

Veterans and Families

Mental health issues do not simply disappear over time. Left untreated, these issues will likely worsen and may cause significant long-term problems at home, with friends, and in the workplace. Seeking help early is always best but it is never too late to reach out. Addressing the issues, even years later, allows mental health counselors the opportunity to assist with a positive treatment plan to provide some light at the end of the tunnel. The key is to identify the need for help and to seek assistance. MVP offers services for veterans and family members to address these lingering issues.

Suicide Prevention Services

Suicide rates among military and veterans have reached epidemic proportions in the United States. At one point, there were 22 veterans completing suicide every day. That number has since dropped to just over 20 per day but at Hamilton Center, we believe that one is too many and that zero is an attainable goal. MVP provides services to include:

- ◆ Suicide prevention awareness training
- ◆ Individual and group training for organizations
- ◆ Military specific Mental Health First Aid trainings
- ◆ QPR Question Persuade Refer training

800.273.8255

National Suicide Prevention Line

800.742.0787

Hamilton Center - access to service line

Our Mission

Hamilton Center's MVP program appreciates the dedication and sacrifice required of our current military and our veteran families. The spouses and children of our warriors make up the backbone of our military and ensure that our service members can concentrate on their mission. Once the mission is completed and the veteran returns home, it is the family who helps put the pieces back together.

**It's never too late, talk to us today.
Hamilton Center offers MVP services at each of our locations.**

Contact

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for Service Members, Veterans,
& Military Family Members



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Military Veteran Program



Mental Health within the Family

Whether a veteran has recently returned or has been home for years, returning service members frequently suffer in silence and are reluctant to reach out for help. Family members can be a valuable resource for providing front line support to their loved one, however, they often need guidance and education to assist in coping with the changes in their family relationships. By learning healthy coping methods, families may reach a new level of understanding which can help calm a disrupted household. MVP offers mental health and emotional support for issues relating to:

- ◆ PTSD and Adjustment Disorders
- ◆ Frustration Control
- ◆ Addiction
- ◆ Problem Solving
- ◆ Transition and Reintegration
- ◆ Grief Counseling
- ◆ Survivor's Guilt

Military family members frequently become overwhelmed by the stress, worry, and additional responsibilities that arise when their hero is absent. This added pressure can have a significant negative impact on the family's mental health, especially spouses, partners, and children. MVP offers individual and group counseling sessions to address:

- ◆ Depression
- ◆ Stress / Anxiety
- ◆ Anger
- ◆ Eating Habits
- ◆ Relationship Issues

Child & Adolescent Mental Health

Separation from loved ones is especially difficult for children in a military family. Their needs are unique and may need to be professionally addressed. MVP can link families to Hamilton Center's counseling services for children and adolescents who are struggling with:

- ◆ Behavior Issues
- ◆ Separation Anxiety
- ◆ Attachment Issues
- ◆ Abandonment Issues

