



# Veterans Mental Health Guide

Support, Connection, and Wellness After Service

*Provided by PPSV Charities*

*Community-centered mental health education and support.*

## How to Use This Guide

This guide is designed to offer supportive, easy-to-understand information for individuals, families, and communities. It can be used for personal education, group discussions, peer support, or as a starting point for seeking help.

## Important Disclaimer

This guide is not a substitute for professional mental health care, diagnosis, or treatment. If you or someone else is in immediate danger or experiencing a mental health emergency, contact local emergency services or a qualified mental health professional right away.

## Life After Military Service

Transitioning to civilian life can bring new opportunities along with unexpected challenges. Adjusting routines, identity, and support systems takes time—and support helps.

## Understanding Trauma, Stress, and PTSD

- Responses to trauma are common and understandable
- Symptoms may change over time
- Support and treatment can make a meaningful difference

## Emotional Well-Being

- Feelings of isolation, anxiety, or low mood are not signs of weakness
- Early support can prevent challenges from growing
- Connection with others is a powerful protective factor

## VA and Community Resources

- VA counseling and mental health programs
- Veteran service organizations
- Local nonprofits and peer groups

## Family and Reintegration

Rebuilding family routines and communication strengthens long-term well-being for veterans and loved ones alike.