



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.