

## Depression

Veterans often try to cope with mental health issues that were never addressed or struggle with the transition back to civilian life.

Some Veterans find that they feel numb and lose interest in things they used to enjoy. Others start to feel hopeless, which may lead to thoughts of suicide. If you are experiencing depression or suicidal thought please talk to someone.

### Signs of Depression or Suicidal Thinking

- Hopelessness
- Anxiety
- Agitation, sleeplessness or mood swings
- Feeling like there's no reason to live
- Rage or anger
- Increasing alcohol or drug abuse
- Withdrawing from family and friends
- Talking about death, dying or suicide
- Self-destructive behavior

In addition to treatment, you can adjust your lifestyle to help prevent or deal with suicidal thoughts. Be sure to take time to:

- Set reasonable goals for yourself.
- Cut back on obligations if you are overworked.
- Spend time with family, friends, or other Veterans to avoid feeling isolated.
- Exercise and get enough sleep.
- Slow down, using relaxation techniques such as meditation or deep breathing.

## Resource and Referral Information

Do you have questions on how to begin the process to receive benefits?

Call (800) 827-1000

[www.benefits.va.gov](http://www.benefits.va.gov)

### **VA Community Resource & Referral Center**

(602) 248-6040

### **VA Hospital**

(602) 277-5551

650 E. Indian School Rd. Phoenix, AZ 85012

### **VA Helpline**

1(800) 214-7264

### **Mental Health Clinic, Jade Opal Clinic**

(602) 277-5551 ext.2752

### **ComTrans (transportation assistance)**

(602) 231-0102

### **Homeless Vet Coordinator**

(602) 248-6040

### **Rally Point Hotline**

(855) 725-5948

### Resources available 24/7

#### **Local Crisis Line**

(602) 222-9444

#### **National Suicide Prevention Lifeline**

1(800) 273-8255, press 1 or text 838255

#### **VA Home Front**

1(877) 424-3838

[www.va.gov/homeless](http://www.va.gov/homeless)

#### **NAMI mental health resource center**

1(800) 950-6264 or text "NAMI" to 741741

[www.nami.org/](http://www.nami.org/)

# Veteran Services

City of El Mirage  
Police Department

Victim Assistance Unit

12401 W. Cinnabar Ave.

El Mirage, AZ 85335

(623) 500-3090

[vau@elmirageaz.gov](mailto:vau@elmirageaz.gov)



## PTSD

If you have experienced severe trauma or a life-threatening event you may develop symptoms of posttraumatic stress disorder, or what is commonly known as PTSD.

Do you feel on edge? Nightmares keep coming back. Sudden noises make you jump. You're staying at home more and more. Could you have posttraumatic stress disorder (PTSD)?

### Signs of PTSD

- Feeling emotionally cut off from others
- Feeling numb or losing interest in things you used to care about
- Feeling constantly on guard
- Feeling irritated or having angry outbursts
- Having difficulty sleeping
- Having trouble concentrating
- Being jumpy or easily startled
- Nightmares/Sleeplessness

**If these problems persist or they're disrupting your daily life, you may have PTSD**

It's not just the symptoms of posttraumatic stress disorder but also how you may react to them that can disrupt your life. You may try:

- Frequently avoid places or things that remind you of what happened
- Consistently drink or use drugs to numb your feelings
- Consider harming yourself or others
- Start working all the time to occupy your mind
- Pull away from other people and become isolated

## Veteran centers can provide:

- Individual and group counseling
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Substance abuse counseling
- Benefits assistance and referral
- Outreach and community education
- Substance abuse assessment and referral
- Employment assessment and referral
- Screening and referral for medical issues
- Referral to community agencies

### **West Valley Vet Center**

(623) 398-8854  
14050 N. 83<sup>rd</sup> Ave #170  
Peoria, AZ 85381

### **Military & Veteran Success Center - West Valley**

1532 N. Commissary Rd.  
Glendale, AZ 85307  
480-384-9874  
Located outside of Luke AFB north gate

### **Phoenix Vet Center**

(602) 640-2981  
4020 N. 20th St. #110  
Phoenix, AZ 85016

## Substance abuse

There are many reasons that veterans may suffer with substance abuse, including difficulty transitioning back into civilian life, emotional and mental health struggles, and chronic pain. These issues may lead the veteran to self-medicate by turning to drugs or alcohol.

### Signs of Substance Abuse

- Loss of appetite
- Changes in appearance
- Memory loss
- Secretive behavior
- Paranoia
- Change in personality
- Loss of interest in social activities

With proper treatment and continued efforts to prevent further substance abuse, veterans can overcome addiction. If you think you may have a substance abuse problem, please reach out for help.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

1(800)662-4357 24/7

### Veteran Service Organizations

Located at the Phoenix veteran center and can provide free benefits

### **AZ Dept. of Veterans Services**

(602) 627-3261

### **American Legion**

(602) 627-3284

### **American Veterans**

(602) 627-3276

### **Disabled American Veterans**

(602) 627-3286