

## Services and Support for Military Personnel and Families

### Mental Health

Five County Mental Health Authority provides a HELPLINE toll free, 24 hours daily for Screening, Triage and Referral. Contact the HELPLINE at (877) 619-3761. Five County Mental Health Authority serves the counties of Franklin, Granville, Halifax, Vance and Warren.

#### Vet Centers in NC in Greenville and Raleigh

Readjustment Counseling Services Include:

- Individual Counseling
- Marital & Family Counseling
- Screening for Post-traumatic Stress Disorder
- PTSD Counseling (Individual & Group)
- Military Sexual Trauma Counseling & Referral
- Bereavement Counseling
- Employment Counseling & Referral
- Substance Abuse Counseling
- Medical Referrals
- Benefits Assistance and Referrals

Services are provided at NO COST to the veteran or family.

Services are available to combat veterans and family members from World War II through Iraq and Afghanistan. Services are available to victims of Sexual Harassment or Trauma while in the military. Bereavement counseling and assistance is offered to parents, spouses, and children of armed force personnel who died in service to our country.

Hours: Monday – Friday 8am – 4:30 pm

Both accept walk-ins and offers appointments. Veterans need to take discharge documents. These centers coordinate with the VA Outpatient Clinics for medication and physical health problems, and work with Veterans Service Officers for claims assistance.

- 150 E. Arlington Boulevard, Greenville, (252) 355-7920
- 1649 Old Louisburg Road, Raleigh, (919) 856-4616

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

#### Center for Women Veterans (at Durham VA)

508 Fulton St. Durham, NC 27705; (919) 286-0411 or (888) 878-6890

Clinical services available to women include gynecology, mammography, reproductive care, menopause treatment and others

#### Henderson Veterans Support Group

American Legion Building, 110 E. Spring Street, (at 600 Blk of S. Garnett)

Henderson, 27536; Offered by the Raleigh Vet Center as of September 16, 2009 – each Wednesday, 10:30 am – 12 noon. There is NO COST. The goal of this group is to address interpersonal issues related to Post-traumatic Stress Disorder. Veterans

can discuss concerns such as loss, anxiety, depression, pain, health, combat experiences and family issues. If you are interested in attending this group, please contact Ray Koval, Raleigh Vet Center, (919) 856-4616; or Sandra Grissom, Vance Co. Veterans Service Office, (252) 438-4619. Residents of Franklin, Granville, Halifax, Vance & Warren Counties may participate.

### LOCAL VETERANS SERVICE OFFICERS

**Franklin:** Victor Alston, Courthouse Annex, Room 103, 113 S. Main St., Louisburg; (919) 496-1939

**Granville:** Pello L. Duncan, 120 Orange St., Oxford; (919) 693-1484

**Halifax:** Shelly Whitton, 26 N. King St., Halifax; (252) 583-3601

**Vance:** Sandra R. Grissom, 300 S. Garnett St, Henderson; (252) 438-4619

**Warren:** Zaida White, Warren County Courthouse, 1<sup>st</sup> floor, 109 S. Main St., Warrenton; (252) 257-3385

### DAV Transportation

**Halifax County:** Transportation to Durham and Richmond VA Hospitals and to Vet Centers when possible from Halifax County. Call (252) 365-0515.

**Vance County:** Transportation to Durham VA Medical Center Call (252) 438-4520. A VA hospital appointment is required. Requests need to be made at least 1 week before the appointment. Volunteer drivers are needed. This transportation service is sponsored by the Disabled American Veterans & Auxiliary.

### Web-based Resources and Telephone Numbers

- Anonymous online screening for military personnel/families—with referrals if appropriate; Resources for mental health professionals, military personnel and families -- [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)
- **Military Health Benefits** -- [www.military.com/benefits/tricare](http://www.military.com/benefits/tricare)
- **Dept. of Defense Website** for all needs – [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) or (800) 342-9647
- **Courage to Care** – Health information -- [www.usuhs.mil](http://www.usuhs.mil)
- **National Fatherhood Initiative** – [www.fatherhood.org](http://www.fatherhood.org); (800) 790-3237, (Publisher of “Deployed Fathers & Families--Deployment Guide for Enlisted Personnel” & “Ten Ways to Stay Involved with your Children during Deployment”)
- NC Citizen Soldier Support Program – [www.ribbonstoreality.org](http://www.ribbonstoreality.org), (919) 966-2450
- NC National Guard Family Readiness Site: [www.nc.ngb.army.mil/family](http://www.nc.ngb.army.mil/family)
- National Military Family Association (includes resources for school personnel: [www.nmfa.org](http://www.nmfa.org))

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