

# Vet Center

help without hassles  
for Vietnam era veterans

# Let us help put Vietnam behind you.

We know the problems Vietnam era veterans face and we're here to help you get the help you need.

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## **AT THE VET CENTER, YOU CAN EXPECT HELP**

from friends who will treat you with respect and understanding. Most of our counselors are Vietnam-era veterans, and many are combat veterans. They are also professionals who specialize in guidance counseling, social work, and psychology. So, they not only know the problems first-hand, they also have the skills to help you solve them.

**VET CENTERS ARE INFORMAL.** We don't like red tape any more than you do, and we don't intend to burden you with a lot of paperwork. It's easy for Vietnam era veterans to get our help. The only requirements are that you served on active duty between August 4, 1964 and May 7, 1975; and that you ask for our help before October 1, 1981 or within two years of your discharge (whichever is later). NOTE: Families of eligible veterans are also welcome at the Vet Center.

**THERE'S A VET CENTER NEAR YOU.** The address is printed on the back of this brochure.

## **NOBODY CAN GUARANTEE YOUR SUCCESS.**

Not even the Vet Center. But, if you will take the time and make the effort to stick with the program, the Vet Center will do everything possible to help solve your problem. We *can* guarantee you that if you do your part, we'll do ours.

**EXPERIENCED COUNSELORS** can help you regain your confidence and self-esteem. We'll show you how to deal with stress and cope with the problems of everyday life.

**GETTING A GOOD JOB** is a major problem. Whether you are unemployed or underemployed we'll tell you how and where to get more training, or put you in touch with people who can give you career guidance or help you get a job.

**MEMORIES OF VIETNAM** still bother a lot of veterans. We can help you handle the nightmares, flashbacks, anxiety, depression, loneliness, fear, and confusion.

**BRING YOUR FAMILY.** Sometimes, an unhappy home life contributes to your problems. We'll sit down with your wife (or husband) and kids and try to iron out the conflicts.

**YOU CAN HELP YOURSELF** with Vet Center rap groups, self-help programs, and peer group support.

**WE HAVE MANY OTHER RESOURCES,** including a network of federal, state, city, and community-based organizations that can help with discharge review, veterans benefits, drug and alcohol treatment, medical care, legal aid, and emergency services.

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# If you were in Vietnam

or served during the Vietnam era,  
you know what it was like.

You also know what it's been like  
since you got home, right? The  
problems, the hassles . . . trying  
to explain to people who don't  
understand or care.

**We know.**

**That's why we set up the  
Vet Center.**

**We're a new, national team of  
veterans with the clout, contacts,  
and commitment to help you get  
the help you need. With us, you  
don't need to explain, because  
most of us have been there, too.**

**Come on in. We're close, we're  
free, and we're friends.**

**The Vet Center.**

**Help without hassles for  
Vietnam era veterans.**

The logo for the Vet Center, featuring the word "Vet" in a large, bold, sans-serif font above the word "Center" in a similar font. The letters are white with a black outline.