

Following Deployment: How to help

To join the Network and learn more to help our returning troops and their families visit:

What to Do:

- Provide opportunities for other to talk
- Don't be afraid to ask
- Show them that you are on their side, show attention, interest and care
- Accept your own limitations
- Educate yourself about common reactions following deployment
- Be supportive. Believe that the other is capable of recovery, knowing this can take time
- Find out what resources and services are available
- Listen and Refer, Follow up
- Know the *normal* stress reactions that happen



<http://www.vtguard.com/famRead/mfcn.htm>

What to Say:

- You are glad to have them back
- They were missed and are needed
- Share your knowledge, provide handouts

What NOT to Do or Say:

- Do not force or pressure other to talk
- Do not stop the other person from talking
- Try not to make judgmental statements
- Avoid telling the person what they "should" do
- Do not tell them they will be okay or are lucky it was not worse
- Watch for clichés or easy answers
- Avoid giving advice without listening thoroughly

VA VT (White River Junction)

(802) 296-5177 *Walk in Clinic Available
1-800-827-1000 (from VT)
215 N. Main St., 05009

www.va.gov www.myhealth.va.gov www.seamlesstransition.va.gov

VA NH (Manchester)

1-800-827-1000
Norris Cotton Bldg.,
275 Chestnut St., 03101

Vet Centers 1-800-905-4675

-South Burlington: (802) 862-1806
-White River Junction: (802) 295-2908

Family Programs

-Army at Camp Johnson 1-888-607-8773
-Air National Guard Family 802-652-8035

CALL VT 211, in VT dial 2-1-1

GWOT Outreach Teams 802-310-0638

National Center for PTSD Website

Website of information for Veterans and Families, with Web Resources Links for military
www.ncptsd.va.gov/ncmain/veterans/

Vermont Yellow Book: Resources for the Service Members and their Families
Found at MFCN Network's Website: <http://www.vtguard.com/famRead/mfcn.htm>

“**Battlemind**” www.battlemind.org understanding how the things a service member is trained to do in order to survive in war, can be maladaptive at home.