

A Vet Center helped them understand PTSD together

Debbie: Sometimes we just clash. It's not that one of us is wrong, we just have to learn how to do it differently, and I think with PTSD or with any form of mental health, depression, any of those things it's very hard sometimes for the spouse to just step back and understand the other person, and so it's nice to have a support person who can just kind of tell you "you're doing the right thing here," or "back off a little there," and to help you to work through that. So that's been really, really helpful. We're going to the Raleigh Vet Clinic, or Vet Center, and they are phenomenal about knowing just how to get to the heart of the issue.

It's basically just a storefront, and they have group therapy sessions where they have a bunch of veterans from the same area get together and talk, or they have couples therapies where they'll have three or four couples or individual couples get together, they have situations where they can take your family for a short period and just walk through what is PTSD, and that has been really helpful for my children to understand what PTSD is, how it affects you, how a lot of times there's depression or other mental health issues going on simultaneously.



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