# The Catholic University of America Counseling Center

## DC Area Veteran Resources

### To find a Vet Center near you, visit:  <http://www.va.gov/directory/guide/vetcenter.asp>

### or call the Vet Center Call Center,  877-WAR-VETS (927-8387)

Life can be difficult after a deployment or when you leave the military. That's where Veterans Affairs’ Vet Centers can help.  There are more than 300 Vet Centers located across the country offering a wide range of counseling and referral services to eligible Veterans and their family members.

“We’re very different from the hospital or the community clinics in a lot of ways,” said Licensed Clinical Social Worker Carolyn Harris-Hutchinson of the Alexandria, Virginia Vet Center. “We’re small and offer a warm and welcoming environment.”  The dedicated staff members provide individual, group and family readjustment counseling to Veterans who have served in a combat zone or have experienced military sexual trauma or a military personal trauma.

“There is never a charge for our services, and no limits on the number of sessions a Veteran can have,” Ms. Harris-Hutchinson explains. This gives the staff and Veterans a unique opportunity to develop a good relationship and really get to know each other.

Vet Centers are convenient and accessible.  The four Vet Centers in the Washington DC catchment area (Alexandria, VA; Silver Spring, MD; Prince Georges County, and Washington, D.C.) all offer some extended weekday hours and weekend appointments to accommodate Veterans’ work schedules.

Aside from their permanent locations, the Vet Centers also offer “Community Access Points” at least once a month. Where they will team up with community partners like the YMCA, local colleges or churches and see Veterans outside of the Vet Center.  “We work hard to reach those who don’t know about us,” said Ms. Harris-Hutchinson.

The Vet Centers also have mobile units where Veterans can stop in at major outreach events like job fairs or ball games.  “We’re positioned to go the extra mile,” Ms. Harris-Hutchinson said.

And go the extra mile, they certainly do; like educating the community about post-traumatic stress disorder and military sexual trauma. It’s very common to see Vet Center staff conducting quarterly education workshops at other government agencies, like the Pentagon, military bases and local police stations. “It’s important that the community understand what some Veterans are experiencing.”

### Who is eligible to use a Vet Center?

 Any Veteran and active duty Service member, to include members of the National Guard and Reserve components, who:

• Have served on active military duty in any combat theater or area of hostility;

• Experienced a military sexual trauma;

• Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war, or;

• Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility.

• Vietnam Era veterans who have accessed care at a Vet Center prior to January 1, 2004;

• Vet Center services are also provided to family members of Veterans and Service members for military-related issues when it is found aid in the readjustment of those that have served. This includes bereavement counseling for families who experience an active-duty death.

### Contacting a Vet Center in the D.C. area:

#### Alexandria Vet Center

6940 South Kings Highway #204

Alexandria, VA 22310

Phone: 703-360-8633

#### Prince George County Vet Center

7905 Malcolm Road, Suite 101

Clinton, MD  20735

Phone: 301-856-7173

#### Silver Spring Vet Center

2900 Linden Lane, Suite 100

Silver Spring, MD 20910

Phone: 301-589-1073

#### Washington D.C. Vet Center\*

1296 Upshur St. NW

Washington, D.C.  20011

Phone: 202-726-5212

\*Services are temporarily moved to the Silver Spring Vet Center while the building undergoes renovation.

### Veterans Crisis Line:

* Call: 1-800-273-8255
* Chat: <https://www.veteranscrisisline.net/>
* Text: 838255
* Support for deaf/hard of hearing: 1-800-799-4889