

## Important Telephone Numbers

VA Loma Linda Healthcare System  
(800) 741-8387 or  
(909) 825-7084

Other VA Medical Centers  
(877) 222-8387

Veterans Benefit Administration  
(800) 827-1000 (nationwide)

California Department of  
Veterans Affairs  
(800) 952-5626



## Web Addresses

Federal Department of Veterans Affairs  
[www.va.gov](http://www.va.gov)

National Center For PTSD  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

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

VA OEF/OIF/OND Veteran Services  
[www.oefoif.va.gov](http://www.oefoif.va.gov)

VA Loma Linda Healthcare System  
[www.lomalinda.va.gov](http://www.lomalinda.va.gov)

910-987-2920

## Vet Centers

Corona Vet Center  
800 Magnolia Ave.  
Corona, CA 92879  
(951) 734-0525

High Desert Vet Center  
15095 Amargosa Rd., Suite 107  
Victorville, CA 92393  
(760) 261-5925

San Bernardino Vet Center  
1325 E. Cooley Dr., Suite 101  
Colton, CA 92324  
(909) 801-5762

Yesenia C. Thomas, B.A.  
Veterans Outreach Specialist  
(909) 648-1607  
Yesenia.Thomas@va.gov

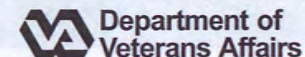
Temecula Vet Center  
40935 County Center Drive, Suite A-B  
Temecula, CA 92591  
(951) 302-4849

Wayne Grajczyk  
Vet Center OEF/OIF/OND Outreach  
Coordinator  
(909) 520-8107

Serving Southern California



11-62741  
JULY 2011



# VET CENTERS



## Readjustment Counseling Service

Welcome Home  
Operation Enduring  
Freedom,  
Operation Iraqi  
Freedom and  
Operation  
New Dawn Veterans

"Dedicated to serving  
those who have served."

## Vet Center Services

Counseling and referral services are provided by Vet Center staff at no cost.

### We Can Help!

#### Services Include:

- ☞ Individual Counseling
- ☞ Group Counseling
- ☞ Marital and Family Counseling
- ☞ Bereavement Counseling
- ☞ Assistance in Applying for VA Benefits
- ☞ Medical Referrals with VA Medical Center
- ☞ Employment Referral/Assistance from a Vet Rep with EDD
- ☞ Information and Referral to Community Resources
- ☞ Sexual Trauma Counseling and Referral
- ☞ Community Education



## Vet Center Eligibility

Combat Veterans who served in:  
**Global War on Terrorism/Operation Enduring Freedom 9/11/2001 to present**  
**Operation Iraqi Freedom 04/03/2003 to present** are eligible for our services.  
**Operation New Dawn**

**Note:** Combat Veterans from other periods of hostilities are also eligible.

## Confidentiality and Privacy

Vet Center staff respect the privacy of all Veterans. They hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.


## Returning Service Members

Loma Linda VA Medical Center can provide you free medical care for five years from your military discharge date and a dental exam within 180 days from separation from active duty.

Contact our enrollment office at (909) 825-7084, ext. 5312 for more information.

## PTSD

When feelings or issues related to trauma are not dealt with, this can result in problems readjusting to community life following the trauma. The following problems can be experienced:

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- ☞ Anger, irritability, and rage
  - ☞ Feeling nervous
  - ☞ Depression
  - ☞ Difficulty trusting others
  - ☞ Feeling guilt over acts committed or witnessed, the failure to prevent certain events, or of having survived while others did not
  - ☞ Hyperalertness and startle reactions
  - ☞ Feeling grief or sadness
  - ☞ Having thoughts and memories that will not go away
  - ☞ Isolation and alienation from others
  - ☞ Loss of interest in pleasurable activities
  - ☞ Low tolerance to stress
  - ☞ Problems feeling good about oneself
  - ☞ Nightmares
  - ☞ Substance abuse
  - ☞ Trouble sleeping
  - ☞ Anxiety
  - ☞ Paranoia