



Military Veterans Peer Network Service Provider

Making the transition from military life to civilian life can sometimes be quite difficult for veterans and their family members regardless of when or where they served. For those who have been deployed to combat zones, the challenges and obstacles can seem even more daunting. Military life is vastly different from civilian life, and when a veteran takes off the uniform and attempts to move on with his or her life in the community, each sometimes find that others may not be able to relate to their experiences. Veterans may not feel as though others understand them. Family members may feel isolated and alone trying to help their veteran, because they do not understand what the veteran is going through and the family may have no one to turn to who can relate.

Regardless of when or where a veteran served, there are services available to them here locally. Veterans and family members within the community have been trained to work with other veterans and family members, because they understand the process and what the veterans are going through. The issues each veteran faces varies, and these trained individuals realize this and can find the best resources to help veterans meet their needs. Services provided include:

- **ALL SERVICES ARE FREE AND CONFIDENTIAL**
- Peer to peer support groups- topics include reintegration, anger management, PTSD, TBI, MST (Military Sexual Trauma), relationship problems, and much more
- One on one peer support
- Couples peer support
- Referrals to resources that help them meet their needs
- Education on veterans specific topics and benefits and community providers who assist veterans

Though Denton County MHMR Center provides funding to allow for a Veteran Volunteer Peer Coordinator to make these services available, the MHMR Center does not participate in or monitor the groups. The MHMR Center is dedicated to providing resources that help create services for veterans that will best serve their needs. For those veterans who require more in depth assistance, the MHMR Center may have services to assist you. For more information contact info@dentoncountyveterans.com

