

## Veteran Health



Student veterans deserve

support with the unique challenges that may occur during their academic journey. CAPS understands that the life experiences of veterans bring value and meaning to an overall university experience. We also understand that some of the following areas may interfere with academic success:

- Age of veteran students vs. average student
- Other responsibilities including a job or family
- Loss of previously active lifestyle focused on a clear mission
- Greater independence and loss of a hierarchical leadership structure
- Loss of comradery and social network (battle buddies)
- Physical health problems
- Adjustment [1]
- Anxiety [2]
- Depression [3]
- Thoughts of suicide
- Difficulty sleeping

CAPS can help with these issues and more. Our staff understands how previous stigmas about mental health treatment may have hindered seeking support in the past, and we appreciate your current efforts to support your mental health or the health of a veteran in need. Our services include:

- Walk-in Services [4]
- Individual therapy [5]
- Group therapy [6]

- [Couples therapy](#) [7]
- [Academic interventions](#) [8]
- [Medication management](#) [9]

## Additional Resources

<http://studentveterans.org> [10]

[MilitaryOneSource](#) [11]

[?Carolina Veterans organization](#) [12]

[National Institute of Mental Health](#) [13]

## PTSD

- [AboutFace](#) [14]
- [Understanding PTSD Booklet](#) [15] (May take a few minutes to load)
- [American Psychiatric Association](#) [16]
- [National Institute of Mental Health](#) [17]

## Suicide Prevention/Crisis Prevention

- [Military Crisis Line](#) [18] for Veterans, Active Duty Military, and Family and Friends.

Call: 1-800-273-8255

Text: 838255

## Smart Phone Apps

- [Guard Your Buddy](#) [19]
- [Operation Reach Out](#) [20]
- [PTSD Coach](#) [21]
- [PE Coach \(in conjunction with therapy\)](#) [22]

## Raleigh Vet Center

Veterans who had boots on the ground in a combat zone can come to the Vet Center in Raleigh with their DD214 for free individual and group counseling services

Raleigh Vet Center

1649 Old Louisburg Rd, Raleigh, NC 27604

(919) 856-4616

## Durham VA Medical Center

Veterans can also receive mental health services in the Mental Health Clinic between 8am-4:30pm Monday-Friday.

Contact Numbers:

919-286-0411 Ext. 6073

888-878-6890 Ext. 6073

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**Source URL:** <https://caps.unc.edu/self-help/veteran-health>

### Links

- [1] <http://www.mentalhealth.va.gov/studentveteran/adjustment.asp>
- [2] <http://www.mentalhealth.va.gov/anxiety.asp>
- [3] <http://www.mentalhealth.va.gov/depression.asp>
- [4] <https://caps.unc.edu/services/initial-assessments>
- [5] <https://caps.unc.edu/services/individual-therapy>
- [6] <https://caps.unc.edu/services/group-therapy>
- [7] <https://caps.unc.edu/services/couples-therapy>
- [8] <https://caps.unc.edu/services/academic-interventions>
- [9] <https://caps.unc.edu/services/medication-management>
- [10] <http://studentveterans.org/>
- [11] <https://www.militaryonesource.mil/>
- [12] <http://veterans.web.unc.edu/>
- [13] <https://www.nimh.nih.gov/health/topics/index.shtml>
- [14] <https://caps.unc.edu/%28https%3A/www.ptsd.va.gov/apps/AboutFace/questions--who-i-am--2.html>
- [15] [http://www.ptsd.va.gov/public/understanding\\_ptsd/booklet.pdf](http://www.ptsd.va.gov/public/understanding_ptsd/booklet.pdf)
- [16] <http://www.psychiatry.org/ptsd>
- [17] <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>
- [18] <http://www.veteranscrisisline.net/>
- [19] <http://guardyourbuddy.com/get-the-app/>
- [20] [http://www.4mca.com/suicide\\_prevention\\_app/](http://www.4mca.com/suicide_prevention_app/)
- [21] <https://www.ptsd.va.gov/public/pages/PTSDcoach.asp>
- [22] [https://caps.unc.edu/%28https%3A/www.ptsd.va.gov/public/pages/pecoach\\_mobileapp-public.asp](https://caps.unc.edu/%28https%3A/www.ptsd.va.gov/public/pages/pecoach_mobileapp-public.asp)