

MILITARY PERSONNEL & FAMILIES

Services and Support for Mental Health

Five County Mental Health Authority provides a CALL CENTER toll free, 24 hours daily for Screening, Triage and Referral. Contact the CALL CENTER at (877) 619-3761. Five County Mental Health Authority serves the counties of Franklin, Granville, Halifax, Vance and Warren.

Vet Centers in Greenville and Raleigh

Readjustment Counseling Services Include:

- Individual Counseling
- Marital & Family Counseling
- Screening for Post-traumatic Stress Disorder
- PTSD Counseling (Individual & Group)
- Military Sexual Trauma Counseling & Referral
- Bereavement Counseling
- Employment Counseling & Referral
- Substance Abuse Counseling
- Medical Referrals
- Benefits Assistance and Referrals

Services are provided at NO COST to the veteran or family.

Services are available to combat veterans and family members from World War II through Iraq and Afghanistan. Services are available to victims of Sexual Harassment or Trauma while in the military. Bereavement counseling and assistance is offered to parents, spouses, and children of armed force personnel who died in service to our country.

Hours: Monday – Friday 8am – 4:30 pm

Both accept walk-ins and offers appointments. Veterans need to take discharge documents. These centers coordinate with the VA Outpatient Clinics for medication and physical health problems, and work with Veterans Service Officers for claims assistance.

- 150 E. Arlington Boulevard, Greenville, (252) 355-7920
- 1649 Old Louisburg Road, Raleigh, (919) 856-4616

www.vetcenter.va.gov

Community-based Outpatient Clinics

Primary care, behavioral health, lab work & prescriptions (Appointments Required)

- Greenville – 800 Moye Blvd., 27834, (252) 830-2149
- Raleigh – 3305 Sungate Blvd., 27610, (919) 212-0129
- Emporia -- (804) 675-5000 (available to McGuire VA Medical Center patients; accepting new patients 1/1/2011)

Women Veterans

Center for Women Veterans (at Durham VA), 508 Fulton St. Durham, NC 27705;
(919) 286-0411 or (888) 878-6890

Clinical services available to women include gynecology, mammography, reproductive care, menopause treatment and others

Henderson Veterans Support Group

American Legion Building, 110 E. Spring Street, (at 600 Blk of S. Garnett) Henderson, 27536; Offered by the Raleigh Vet Center as of September 16, 2009 – each Wednesday, 10:30 am – 12 noon. There is NO COST. The goal of this group is to address interpersonal issues related to Post-traumatic Stress Disorder. Veterans may discuss concerns such as loss, anxiety, depression, pain, health, combat experiences and family issues. If you are interested in attending this group, please contact Ray Koval, Raleigh Vet Center, (919) 856-4616; or Sandra Grissom, Vance Co. Veterans Service Office, (252) 438-4619. Residents of Franklin, Granville, Halifax, Vance & Warren Counties may participate.

LOCAL VETERANS SERVICE OFFICERS

Franklin: Victor Alston, Court. Annex, Rm.103, 113 S. Main St., Louisburg; (919) 496-1939

Granville: Pello L. Duncan, 120 Orange St., Oxford; (919) 693-1484

Halifax: Shelly Whitton, 26 N. King St., Halifax; (252) 583-3601

Vance: Sandra R. Grissom, 300 S. Garnett St, Henderson; (252) 438-4619

Warren: Zaida White, Warren County Courthouse, 1st floor, 109 S. Main St., Warrenton; (252) 257-3385

DAV Transportation

Halifax County: Transportation to Durham and Richmond VA Hospitals and to Vet Centers when possible from Halifax County; Call (252) 365-0515.

Vance County: Transportation to Durham VA Hospital and Clinic; Betty Allen (252) 492-6359.

Web-based Resources and Telephone Numbers

- Anonymous online screening for military personnel/families—with referrals if appropriate; Resources for mental health professionals, military personnel and families -- www.MilitaryMentalHealth.org
- Veterans Suicide Prevention Hotline, 1-800-273-TALK, Press 1; www.suicidepreventionlifeline.org/veterans
- Homeless Veterans— www1.va.gov/HOMELESS/NationalCallCenter.asp; 1-877-424-3838; Call Center, staffed 24/7 by trained counselors, which will make referrals to local homeless veteran coordinator located at each VA Medical Center
- Military Health Benefits -- www.military.com/benefits/tricare
- Dept. of Defense Website for all needs – www.MilitaryOneSource.com or (800) 342-9647
- Courage to Care – Health information -- www.usuhs.mil
- National Fatherhood Initiative – www.fatherhood.org; (800) 790-3237, (Publisher of “Deployed Fathers & Families--Deployment Guide for Enlisted Personnel” & “Ten Ways to Stay Involved with your Children during Deployment”)
- NC Citizen Soldier Support Program – www.citizensoldiersupport.org, (919) 966-2450
- NC National Guard (also for families): www.nc.ngb.army.mil