

You answered the call of duty... we answer the call *for you.*

Veterans of New Jersey, re-entry to civilian life
can be stressful for you and your family.

Call 1-866-VETS-NJ-4

1-866-838-7654

A free, confidential service available to all Veterans.



Since returning from active duty, are you...

	Yes	No
Avoiding crowded places?	<input type="checkbox"/>	<input type="checkbox"/>
Having trouble sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Experiencing nightmares or frightening thoughts?	<input type="checkbox"/>	<input type="checkbox"/>
Having difficulty breathing or having chest pains with no medical cause found?	<input type="checkbox"/>	<input type="checkbox"/>
Using alcohol or other drugs to help you feel better?	<input type="checkbox"/>	<input type="checkbox"/>
Finding it hard to control your anger?	<input type="checkbox"/>	<input type="checkbox"/>
Having trouble feeling safe?	<input type="checkbox"/>	<input type="checkbox"/>
Having difficulty socializing?	<input type="checkbox"/>	<input type="checkbox"/>
Feeling left out of the family routine you left behind?	<input type="checkbox"/>	<input type="checkbox"/>
Overwhelmed by noises and confusion of home life?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to any of these, and you feel its impacting your daily ability to function, give us a call.

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www.njveteranshelpline.org



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New Jersey Department of
Military and Veterans Affairs