Coming home from service in the Armed Forces is not a “pick up from where you left off” situation. Feelings such as detachment, depression, suicidal thoughts, fear, panic attacks, anger, nightmares and family and social concerns can all be part of the transition back home.
Background
Santa Clara County Mental Health Department understands that Veterans have experienced hardship and trauma, and deserve to receive culturally competent services. Some Veterans are not receiving needed mental health services, either due to barriers such as stigma, cultural appropriateness, and lack of resource knowledge; or ineligibility for Veterans Affairs services or other community Veterans programs.

Mission
The mission of the Veterans Outreach Project is to provide outreach, referrals and peer support to Veterans in our community. Veterans who have barriers to access care, and/or who are in vulnerable and high risk life situations will benefit from support such as outreach, education and peer support in accessing mental health and other needed services.

Values
Regardless of discharge status, service experience and personal background, all veterans deserve to receive culturally competent mental health services for their willingness to sacrifice their life for our country.

Table:

<table>
<thead>
<tr>
<th>Program Services</th>
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<tbody>
<tr>
<td>Veterans Outreach Project provides outreach to communities where vulnerable Veterans may be found, such as the court system, streets, and crisis centers.</td>
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<td>♦ Peer Outreach to where the Veteran is living/staying</td>
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<td>♦ Referrals to mental health and other needed services</td>
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<td>♦ Peer to Peer Supportive Counseling</td>
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<tr>
<td>♦ Veterans WRAP (Wellness Recovery Action Plan) Group</td>
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</tbody>
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Welcome Home
From one Vet to another, you are not alone. Call in for support
Michael Roman, MHPSW Intern
Mental Health Department
1075 E. Santa Clara St. 2nd Floor
San Jose, CA 95116
408-792-3938
Michael.roman@hhs.sccgov.org

Referrals
♦ Veterans Crisis Line
  24 hours (800) 273-8255
  Connects Veterans and their families with qualified responders through a confidential hotline or text (838255).

♦ Disabled American Veterans
  (510) 834-2921
  Provides benefit assistance, Informational Seminars, homeless services, and disaster relief.

♦ National Veterans Foundation
  (888) 777-4443
  VA benefit information, job listings, employment center, veteran service officers, live online chat.

♦ San Jose Vet Center
  (408) 993-0729
  Services include individual, marital and family therapy, medical and benefits referrals, and employment counseling.

♦ Goodwill Homeless Program
  (408) 869-9128
  Vocational training, placement, housing, benefits, career center peer-support, mental health counseling.

Santa Clara County Mental Health Call Center
  24 hours 1-800-704-0900
  For individuals who need mental health services.

♦ Catholic Charities-Mission Rebuild
  (408) 295-5288
  Program provides services to chronically homeless U.S. Veterans.

♦ VET Center
  24 hours (877) WAR-VETS
  Speak confidentially with a Vet Center counselor at any time.

♦ Suicide and Crisis Service
  24 hours (855) 278-4204
  Speak to live counselors.