

Combat Stress Can Remain Even After You Return Home

Even after returning from a theater of combat, stress can significantly interfere with a veteran's ability to relate to family, friends, and work. It can also affect other areas of daily functioning. The lingering effects of stress can be expressed as hostility, anger, trouble sleeping, and emotional numbing. Often times, work suffers due to absenteeism, fatigue, or impaired concentration.

If you feel you may be experiencing any symptoms related to combat stress or military sexual trauma, please contact your nearest VA health care facility.



Vet Centers in our Network

There are twelve VA Vet Centers in our service area which may also be of assistance to returning service members. Vet Centers provide such services as neighborhood counseling for individuals and groups, and housing assistance. To find the closest Vet Center, please contact the nearest VA medical center or check online at:

www.starsandstripes.med.va.gov

VA Stars & Stripes Healthcare Network



Serving those who served

VA Medical Center Returning Service Member Points-of-Contact		
Location	Point-of-Contact	Telephone

Altoona	Josie Nearhoof	877-626-2500 ext. 7043
Butler	Sue McElhone	800-362-8262 ext. 2241
Clarksburg	Richard Anderson	800-733-0512 ext. 3351
Coatesville	Tom Hudson	800-290-6172 ext. 5001
Erie	Darlene Bielecki	800-274-8387 ext. 2532
Lebanon	Carol Sonnen	800-409-8771 ext. 4565
Philadelphia	Josephine Langston-Davis	800-949-1001 ext. 4463
Pittsburgh	Brian Avant	866-482-7488 83-5734
Wilkes-Barre	David Ulkoski	877-928-2621 ext. 7056
Wilmington	Barry Emerson	800-461-8262 ext. 5520
Network Office	Robert Bernard	866-482-7488 ext. 82-3943
	Robert Malec	866-482-7488 ext. 82-3930

Health Care Services for Returning Combat Veterans



“To care for him who shall have borne the battle and for his widow and his orphan”...

Abraham Lincoln

The **U. S. Department of Veterans Affairs** (VA) provides needed health care, benefits, and support for returning service members.



VA Stars & Stripes Healthcare Network (VISN 4) is part of the U.S. Department of Veterans Affairs. We provide health care and social services to veterans in Pennsylvania, Delaware, and several counties in West Virginia, Ohio, New Jersey, and New York. There are 10 hospitals and nearly 50 community-based outpatient clinics in the network.



Serving those who served

Services Offered

- Compensation and Pension
- Counseling Services
- Mental Health
- Primary Care
- Physical Therapy
- Prosthetics
- Social Work Services
- Women's Health
- Substance Abuse
- Sexual Trauma Services
- Stress management

Dental Care

If a veteran did not receive a pre-separation dental exam from the military, then the veteran is eligible to receive a dental exam from VA within 90 days of separation.

Establishing Combat Veteran Eligibility

VA has promoted new eligibility rules that provide Active Component and Reserve Component personnel who served in designated combat zones (since November 11, 1998) with 2 free years of care from the date of separation from active duty. *Note that free care refers to all services related to the veteran's combat experience, even if there is insufficient medical evidence to conclude that such a condition is attributable to such service. Co-payments may be charged for treatment of non-combat related conditions.*

