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

If you answered yes to any of these, and you feel its impacting your daily ability to function, give us a call. Our free, confidential service is available to all Veterans. Just call **1-866-VETS-NJ-4 (1-866-838-7654)**

www.njveteranshelpline.org





New Jersey Department of Military and Veterans Affairs

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