

WHO YOU SHOULD REFER TO

# HEADSTRONG

## RIGHT 'FIT' FOR OUR RESOURCES

- Actively serving members of the armed forces
- Members of the National Guard & Reserves
- Veterans of all eras, regardless of characterization of discharge or combat status
- Additional family members on a case-by-case basis

## INDIVIDUALS WHO HAVE EXPERIENCED:

- Deployment or combat-related stress
- Military sexual trauma
- Childhood adverse events
- Depression
- Anxiety and stress
- Transition and adjustment issues
- Substance abuse
- Relationship difficulties
- Irritability and anger control challenges

## HOW TO CONNECT TO TREATMENT:

[GETHEADSTRONG.ORG/GET-HELP](https://www.getheadstrong.org/get-help)

## WHAT HEADSTRONG TREATMENT CONSISTS OF:

- Individually tailored, outpatient weekly therapy
- Complete confidentiality
- Zero cost to the client
- Adherence to evidence-based treatment modalities
  - CBT, CPT, DBT, EMDR, PE, others
- Focus on symptom tracking and outcomes
- Collaborative planning around treatment duration
- Open accessibility to return to treatment

## OUR LOCATIONS

[GETHEADSTRONG.ORG/OURLOCATIONS](https://www.getheadstrong.org/ourlocations)

