



# FAMILIES AT EASE

Department of Veterans Affairs

Philadelphia VA Medical Center

## Signs of Difficulty

Upon your Veteran's return, you may notice that both of you have experienced a few changes. He or she may have been changed by combat, and may not want to talk about it. You've changed, too—maybe running the house without your Veteran present has made you more independent.

**Be patient. Be supportive. And be aware that some behaviors may signify your Veteran needs assistance:**

- Sleep problems
- Restlessness
- Overly watchful
- Easily angered
- Social withdrawal
- Depression
- Reckless driving
- Risky behaviors (alcohol / drug abuse)

## How *Families At Ease* Helps

**Encouragement and information** about getting an evaluation and services

**Referrals** to services for veterans and their family members

**Family member coaching** to motivate Veteran for evaluation / consultation

## Contact Us

Call: 877-823-7510  
[www.mirecc.va.gov/  
FamiliesAtEase/](http://www.mirecc.va.gov/FamiliesAtEase/)

**When a loved one returns from military deployment and is troubled by anything from anger to sleep problems, a happy reunion can become a stressful situation.**

**The *Department of Veterans Affairs (VA)* has resources in place to help your Veteran get the treatment and support he or she needs. All in complete confidence. And all to get your family back on track.**



Their buddies got them through the horrors of war.  
Getting through the return home is where you come in.

## Introducing *Families At Ease*

***Families At Ease*** was specifically designed by VA to reach out to family members of military Veterans who become aware of their Veteran's problems associated with combat and reintegration into civilian life.

Veterans of recent combat operations may have difficulty transitioning from combat to home life. They may feel isolated from military support systems after leaving active duty. They may be reluctant to seek help, or even unaware they need it. And in many cases, it is a family member who begins to seek treatment for their loved one.

***Families At Ease*** works with family members who become aware of their Veteran's post-deployment difficulties—and supports their efforts to find help for the Veteran.

**Peace of mind is worth fighting for.**

## It All Begins With A Phone Call

Find out how ***Families At Ease*** can help get your family back on track.

**Call 877-823-7510  
in complete confidence**

**Families  
AT EASE**