

Can't sleep?

Friends say you're different?

Family says you've changed?

Feeling anxious?

Racing thoughts?

Road Rage?

Sensitivity to light?

Medical concerns?

Forgetful?

Drinking more often or using drugs?

Trouble with relationships?

Trouble finding or holding a job?

Feeling alone?

Who would understand?

We understand.

We can help.

**VA Hudson Valley
Health Care System**

We are committed to keep the promise to our veterans. It has been said that the VA provides "THE BEST CARE ANYWHERE"

We have great staff and services waiting to help you have a seamless transition back to *your* life.

We're expecting
your call.

**Suicide Prevention
(Crisis)**

1-800-273-TALK
(8255)

**Returning Combat
Veterans Program
Castle Point Campus**

1-845-831-2000
Ext. 5016, 4616, 4617

Montrose Campus

1-914-737-4400
Ext. 3795, 3798

***Coming
home can
be difficult***



We're waiting for you.
www.hudsonvalley.va.gov