

Veteran PTSD Recovery and Support Group



Mondays 7:00 PM

1230 16th Avenue
Vero Beach, FL 32960

Facilitators:

Thomas R. Metzinger, USMC, LCSW, Therapist
Michael Wright, USA, (Ret.), RCSWI/MCAP

PTSD Coach Online Tools

ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm



**Dogs For Life
Service Dog Training Center
(772) 567-8969
www.dogsforlifevb.org**



**211'S MYFLVET 1-844-MYFLVET or 2-1-1
Veteran to Veteran Support, Linkage to
Services & Suicide Prevention ... 24/7**

211TreasureCoast.org

**VETERANS/CRISIS LINE
1-800-273-TALK (8255)**

VETERAN'S RESOURCES

IRC Veterans Service Office (Vero Beach)	(772) 226-1499
VA Community Based Clinic (Vero Beach)	(772) 299-4623
IRC Veterans Service Office (Sebastian)	(772) 589-6597
Melbourne Vet Center (Melbourne & Vero Beach)	(321) 254-3410

Contact Tabitha Miller at the **Melbourne Vet Center** for information on **FREE** individual counseling and other available resources.
321-254-3410

VA Medical Center (WPB) & Women's Programs	(800) 972-8262
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COUNSELING/MENTAL HEALTH

Behaviorial Health Center	(772) 563-4666
Mental Health Association (MHA) MHA "Our House" Drop In	(772) 569-9788 (772) 778-4444
Mental Health Collaborative	(772) 217-3663
National Alliance on Mental Illness	(772) 532-5554
New Horizons of the Treasure Coast	(772) 778-7217
Suncoast Mental Health Centers	(772) 564-8616

HEALTH CLINICS/HOSPITALS

TC Community Health	(772) 257-8224
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**Also ask your VA Social Worker & Whole Health Coordinator over*