



WELCOME HOME
AND
THANK YOU
FOR YOUR
SERVICE



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VA
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Edith Nourse Rogers Memorial Veterans Hospital (Bedford VAMC) 200 Springs Rd. Bedford MA 01730
www.Bedford.VA.gov

Transition Care Management for
Post 9/11 Veterans



Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn

YOU ARE ENTITLED TO

One full dental exam /evaluation within **180 days** of discharge.

No co-payments for any **combat related** injury or illness as well as primary care services for **5 years** after discharge from active duty.

Even after the **five** years you still may be eligible for health care benefits!

Please call **Elizabeth Price 781.687.3067**
Or **Admissions 781.687.2275**

TO ENROLL

Visit the Admissions Office, Building 78 1st floor or call **781.687.2275**

Apply on line at **www.va.gov**
Additional Outpatient Clinics:
Haverhill, Gloucester, Lynn

HOSPITAL SERVICES

Primary Care	Infectious Disease
Dental Services	Women's Health
Mental Health	Substance Abuse Treatment
Social Work Services	Compensated Work Therapy Program
Veterans Business Owners Initiative	Veterans Peer Support Program
Rehab Medicine	...
Pharmacy	...and more!

Learn more about Bedford VAMC Services at www.Bedford.VA.gov/guide

ADDITIONAL SERVICES

Assistance with navigation through the VA system

Individual counseling services

Returning Veterans Groups which provide a place to get together with other Veterans to discuss concerns/issues about transitioning home

Couples and family counseling

Consultation with psychiatrist

Case Management

OEF OIF OND Peer Support/mentoring
Call Alex R. Whitelaw, CPS
Peer Support Specialist
781.687.2206

VET CENTER INFO

Vet Centers are a separate nationwide division of the Department of Veterans Affairs that assists combat Veterans who are experiencing readjustment problems. Many Veterans experience difficulty in adjusting to civilian life after having served in combat because of unresolved issues related to their war experiences. Vet Centers are community based and provide a broad range of *free* counseling, outreach and referral services to eligible Veterans and their families.

The closest Vet Center to Bedford VAMC is the Lowell MA Vet Center
978.453.1151.



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HAVE YOU EXPERIENCED?

Trouble Sleeping

Difficulty Concentration

Irritability or short temper

Difficulty getting along with others

Jumpiness

Bothersome Memories of war

Feeling anxious in crowded places

Drinking too much

RE-ADJUSTMENT TO CIVILIAN LIFE

Re-adjustment from the war zone to civilian life can be challenging. If you have experienced any of the problems listed above or other difficulties with the transition home, you are not alone.

Still Active Duty Military?

Contact **Wilfredo Melendez**, Bedford/Boston VA's OEF OIF OND Transition Patient Advocate for briefing on your benefits and next steps to your VA care.

Wilfredo Melendez
Transition Patient Advocate
617.272.6514

For more information contact:
Elizabeth Price LICSW - 781.687.3067

www.oefoif.va.gov
www.Bedford.va.gov
(Click Returning Service-member button)



If you are in distress and need immediate assistance, call the **National Crisis Hotline 1.800.273.TALK (8255)**