

Learning the Ropes at Job Shadow Day 2011

# Family Strong

Summer 2011 • Vol. 4 No. 4 • [www.arfp.org](http://www.arfp.org)



**A MEMORIAL GARDEN FOR  
MASTER SGT. MERCADO**

**THE WOUNDS  
OF WAR**

**ARE NOT ALWAYS  
EASY TO SEE**





# The Wounds of War are Not Always Easy to See

By Carla Cary, Deputy Director, Army Reserve Family Programs

**L**ike physical injuries, the psychological injuries of war can be healed. If you or a loved one needs help, Give an Hour will connect you with a counselor, free of charge, who will respect your privacy and confidentiality.

The mental health community understands that post-traumatic stress is a natural human reaction to horrific experiences. Mental health professionals know that the symptoms of post-traumatic stress can be greatly reduced if appropriate treatment is provided quickly to those in need. They also know that individuals who suffer from traumatic brain injuries can

experience mental health consequences such as anxiety, depression, substance abuse and marital difficulties.

Give an Hour providers are licensed mental health professionals, including psychiatrists, substance abuse counselors, psychologists, social workers and marriage and family therapists. Available in all 50 states, they are volunteering free counseling services to Active Duty and Reserve Component Soldiers, and Veterans of Iraq and Afghanistan who have separated or retired from any branch of military service. Give an Hour is also offering free services to parents, siblings, unmarried partners,

grandparents — in short anyone who loves someone affected by the current conflicts.

By providing services that are separate from the military establishment, Give an Hour offers an essential option for men and women who might otherwise fail to seek or receive appropriate services. There is no paperwork; no insurance claims need to be filed and no money changes hands. Give an Hour's services are absolutely free and there is no limit to the number of sessions one can receive.

Go to [www.giveanhour.org](http://www.giveanhour.org) and use a Zip Code finder to locate a mental health professional in your area.



Photo Illustration by Jennifer Clampet (USAG Wiesbaden Public Affairs)