



A Professional Organization that Works for You

## Resources for Hiring a Veteran

<http://www.hireveterans.com/> - Hire a Vet, Job Board for Hiring US Military

<http://www.fedshirevets.gov/> - Federal Government Hire Vets

[http://www.militaryvetjobs.com/index\\_noflash.cfm](http://www.militaryvetjobs.com/index_noflash.cfm) - Military Vet Jobs

<http://www.hireheroesusa.org/hire-a-veteran/why-hire-a-veteran/> - Hire Heroes

<http://www.careeronestop.org/militarytransition/hiringAveteran.aspx> - Hiring a Veteran

<http://vetjobs.com/empWhyHire.htm> - Why Hire a Veteran, Veteran Jobs

<http://www.afterdeployment.org/topics-work-adjustment> - Veteran's Site Complete with Veteran Stories, Videos and Assessments

[http://associationdatabase.com/aws/NCDA/pt/sd/news\\_article/63849/PARENT/layout\\_details\\_cc/true](http://associationdatabase.com/aws/NCDA/pt/sd/news_article/63849/PARENT/layout_details_cc/true) - NCDA event on Nov 14, 2012 Veteran Career and Employment

[http://www.nationalservice.gov/pdf/disability\\_report2011.pdf](http://www.nationalservice.gov/pdf/disability_report2011.pdf) - Veterans with Disabilities

## Links located on VA.Gov/Jobs Website

<http://vaforvets.va.gov/Pages/default.aspx> - VA for Vets – Prepare for Civilian career

<http://www.vacareers.va.gov/> - Spotlight on Jobs for Vets

<http://vetsuccess.gov/> - Vet Success, Find Your Next Career

<http://mycareeratva.va.gov/Pages/default.aspx> - Career Planning Process

<http://www.fedshirevets.gov/> - Vets Hire Vets

<http://mycareeratva.va.gov/Careerpath/Internships/Pages/default.aspx> - VA Internship Program



**In addition to Career Counseling, Veterans may need additional support. Below is content that may assist us as Career Counselors to assess, and direct Veterans to the right counseling support:**

<http://www.afterdeployment.org/getting-help> - A site for Veterans who need additional help after deployment. This site offers advice, assessments, and guidance, beginning with identifying the following emotions:

**We strongly encourage you to get help and support from a trained mental health professional if you are:**

- Feeling sad or depressed most of the time for more than a week.
- Feeling anxious or having distressing thoughts you can't control most of the time for more than a week.
- Having continuing difficulty working or meeting your daily responsibilities.
- Having problems in your relationships, or trouble taking care of your family.
- Increasing your use of alcohol or street drugs, or using them to cope.
- Overusing prescription medications.
- Having traumatic stress reactions that are not getting better as time passes.
- Thinking about hurting or killing yourself.
- Thinking about hurting or killing someone else.
- Doing things to hurt yourself, like cutting or burning yourself.
- You are extremely angry most of the time.
- Other people are saying they're concerned about you and think you should talk to someone.
- You are having trouble sleeping most of the time.
- You are having trouble with eating or with your appetite most of the time or you've lost significant weight without meaning to.

**If you are feeling suicidal or homicidal, it's important that you let someone know. You should seek help immediately by calling 911 or going to the closest emergency room.**

**Some Veterans are reluctant to seek Counseling assistance. If possible, consider sharing the following content to Veterans.**



**It doesn't have to be an emergency for you to benefit** from talking with a professional helper or counselor. Professionals who have training and expertise in working with military personnel can help you with several things:

- Learn to manage your feelings and thoughts more effectively.
- Learn to feel more comfortable talking to people in your daily life.
- Learn to pursue goals that are important to you.
- Learn to focus on the future.

**Some reactions are very common** in the first week or two following a traumatic event and, and do not necessarily require in-person consultation with a counselor. Difficulties getting through normal activities and responsibilities, avoidance of situations, nervousness, and sleeping problems are common at first. But if there is no improvement in the first weeks following a stressful or traumatic event, then face-to-face counseling should be strongly considered.

**Another reason to consider face-to-face counseling might be that you don't have people to talk to about what happened, because:**

- The people close to you are not able to support you the way you need them to.
- You are isolated or without close family or friends.
- The traumatic experience feels so personal or sensitive (such as rape, assault, domestic violence, loss of a buddy, friendly-fire related incident) that you don't feel comfortable or safe talking with anyone you know.

**Remember...** Seeking counseling is not a sign of weakness; seeking support is a sign of strength. Talking to a counselor can improve your ability to help yourself.