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Contact: Chris Stocking
Marketing & Communications Coordinator
Chris.Stocking@vocroc.org
585.519.9867

Social Distancing - Added Stress for Veterans
Check in on the Veterans in Your Life

Rochester, NY – According to Social Bonds and Posttraumatic Stress Disorder, a study published in the Annual Review of Psychology, “...a functional social network provides a sense of safety to an individual through the presence of stable, reliable interpersonal connections. Certain kinds of social interactions in this network may help trauma survivors regulate their emotions, particularly emotions of fear, anxiety, and mistrust.” With the COVID-19 pandemic forcing many people to engage in the practice of social distancing, veterans with PTSD and other unique medical issues can be faced with unique challenges.

“It can be a struggle for veterans who rely on their peers for support to get through tough mental roadblocks,” Veterans Outreach Center Executive Director and U.S. Army Veteran Laura Stradley said. “Some of the services we offer include our Veteran Hangout and Women to Women groups at our Morale Center. So much of helping veterans with their struggles involves coming together and sharing in social experiences with their comrades. Social distancing can make that a challenge, but there is hope.

“If a Veteran you know is struggling or has struggled in the past, especially if they have PTSD or military sexual trauma, make an extra effort to reach out to them. We may not be able to physically visit those struggling due to health concerns but living in this digital age gives us so many opportunities to stay connected with those around us. A phone call, a simple text message or Facebook or Instagram message can help someone through a difficult time. Consider video chatting with them.”

Veterans who may need support or assistance can call Veterans Outreach Center at 585.546.1081. Veterans who may be in crisis during this difficult time are encouraged to call Veterans Outreach Center or call the Veteran Crisis Line at 1.800.273.8255 and press 1.

Additional information and resources as they relate to COVID-19 and ways to deal with anxiety related to social distancing are available for veterans and their families at www.vocroc.org/covid19. This list is being updated as new information becomes available.

Since 1973, Veterans Outreach Center has been committed to improving the quality of life for veterans and their families by offering free, veteran-specific services, including employment counseling, vocational training and housing for homeless veterans. For more information about VOC services please call 585.546.1081 or visit www.vocroc.org.

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