

Moments of Serenity

November 2025

Military Mental Health

Transitioning back to civilian life can be challenging. Many veterans find it difficult to adjust to the absence of structure or feel isolated without the camaraderie of fellow Service members. It's important to recognize that this adjustment takes time, and help is available. Support can come in many forms like joining veteran support groups, seeking professional counseling, or participating in community activities that foster connection and purpose. Numerous organizations are dedicated to assisting veterans through this transition, offering programs that promote mental health and overall well-being. Reaching out to friends and family is also vital. Sharing your experiences and emotions helps build understanding and strengthens your support network. Remember, you're not alone in this process. With patience, persistence, and support, achieving a rewarding and balanced civilian life is absolutely possible.



Mindfulness Minute

Take a moment to ground yourself with a simple box breathing exercise—used by many service members to stay calm and focused under pressure. Inhale slowly for a count of four, hold for four, exhale for four, and hold again for four. Repeat this cycle a few times, allowing your body to relax and your mind to settle. This brief pause can help reduce stress, sharpen concentration, and restore a sense of control, reminding you that peace can be found, one breath at a time.

Resources

Active Military (Reserve and Guard):

- Military OneSource - 12 free non-medical counseling sessions for Servicemembers and their dependants over the age of 13.
 - militaryonesource.mil
 - 800-342-9647

Retired and Veterans:

- Centerstone Military Services - 12 free counseling sessions
 - <https://centerstone.org/military-services/>
 - 877-HOPE123 (877-467-3123)



MYTHS vs FACTS

ABOUT MILITARY AND VETERAN MENTAL HEALTH

MYTHS

Seeking help is a sign of weakness

Veterans should be able to handle mental health issues alone

Only combat veterans experience PTSD

Treatment for veterans doesn't work

FACTS

It takes strength to reach out for support

No one can manage mental health concerns entirely on their own

PTSD can affect those with various military experiences

Many veterans benefit from mental health care



Happy Veteran's Day!

Amanda Moss, Directory of Operations (US Army)

A heartfelt tribute to Amanda Moss, your service and dedication are appreciated.



Amanda served nine years in the U.S. Army as a Human Resource Specialist, including two tours in Iraq (2005 and 2008). Today, she continues her mission of service by connecting military members and veterans with quality mental health care, helping them find healing and hope beyond their time in uniform.

