Confidential care and support for spouses and partners

The Center for Veterans and Their Families at Rush

ROAD HOME PROGRAM
We care for veterans' spouses and partners
As a military spouse, you're told that you are the
backbone of the military. But when your loved one
comes home changed and haunted, it is hard to be
the rock of the family alone.

The Road Home Program offers you the support
and resources you need.

Signs that you may need help
Feeling stressed, sad and worried is completely
normal when your veteran returns home. If things
keep getting worse, it's time to get help for yourself.

Some signs that you may need professional help
Include the following:

- Anxiety or panic attacks
- Change in appetite
- Difficulty sleeping
- Depression
- Drinking heavily or using drugs
- Lack of energy
- Loss of interest in your children and/or
  activities you once enjoyed
- Thoughts of hurting yourself or your
  loved ones

How the Road Home Program can help you
Our team of experts will work with you to determine
the best possible care for you. Some possible
treatments include the following:

- Couples and family therapy
- Medication to manage depression,
  anxiety and sleeping difficulties
- Support groups
- Talk therapy

Make an appointment with the Road Home Program
We offer you a safe, secure and supportive environment
to heal. To make an appointment, call (312) 942-8387 or
email us at team@roadhomeprogram.org. We are located
at 1645 W. Jackson Blvd., Suite 602 Chicago, IL 60612.