Imagine ... spending months or years outside of the U.S. in countries where war rages. Imagine risking your life for the freedom of others then coming home and feeling lost. Imagine trying to make the transition from military life to civilian life. Some veterans feel both lost and helpless. We can prevent and challenge veteran homelessness through accessible mental health care, and mentoring programs.

Quality mental health care that is accessible to vets is a sure way to prevent and even end homelessness within our veteran population. Many service men and women may not have the best experiences from the war after they have come back. A lot of vets come home with Post Traumatic Stress Disorder (PTSD). Veterans should not have to go through mental illnesses alone. Counselors and primary care providers should be provided to all veterans, making and a difference helping our warriors with the problems they have. No vet should ever have to struggle to find someone to talk to or have difficulties accessing services that will give them improved mental health.

We shouldn’t forget how powerful mentoring programs could be with veterans. A vet’s transition to the real world after service would be much improved if they had a mentor that they could seek out when struggling. Ideally, this mentor would be a prior service member as well. It having a mentor will help vets in more ways than one. They would have someone to watch over them, someone to get real word advice from, someone to provide them with resources and most importantly, someone to be their friend.

So imagine coming back from fighting for freedom for our country and actually having something to come home too. Mental health care and mentoring programs will
help those veterans come home to avoid homeless situations.