

Other Clinics

Veterans with combat-related PTSD who served before 1998:
PTSD Clinical Team (PCT)

Military Sexual Trauma (MST) Clinic treats women and men who have survived sexual harassment or assault, or women who have PTSD from any event, even combat.

Anxiety Clinic treats veterans with other trauma or other anxiety disorders.

Vista & Escondido Outpatient Mental Health Clinics provide PTSD treatment for veterans from all eras who live in the North County area.



The OIF/OEF PTSD Team

Our team consists of psychologists, psychiatrists, social workers, case managers, and chaplains.

How do I get a referral to the OIF/OEF PTSD Clinic?

Ask your VA primary care provider, OIF/OEF transition case advocate, or other mental health provider for a referral. Call (619) 400-5199 or toll-free at 1-800-331-VETS (8387) ext. 5199 or (760) 643-2077.

Veterans Readjustment Counseling Centers

San Diego Vet Center
(619) 294-2040
San Marcos Vet Center
(760) 744-6914

VA SAN DIEGO
HEALTHCARE SYSTEM



*A Division of VA Desert Pacific
Healthcare Network*

**Operation Iraqi Freedom/Operation
Enduring Freedom Posttraumatic
Stress Disorder Clinic**

OEF/OIF PTSD Clinic



VA Mission Valley Outpatient Clinic
8810 Rio San Diego Drive
Second Floor
San Diego, CA 92108
(619) 400-5199 or
toll-free at
1-800-331-VETS (8387) ext. 5199
North County (760) 643-2077

The OIF/OEF PTSD Clinic offers outpatient evaluation and treatment for veterans with PTSD who were deployed during Operation Iraqi Freedom, Operation Enduring Freedom or other conflicts since 1998.

If you have never been formally assessed for PTSD, you will be evaluated and the OIF/OEF PTSD Team will work with you to develop a treatment plan.

Can I get a disability or compensation evaluation at the OIF/OEF Clinic?

No. To file a benefits claim, please call 1(800)827-1000.

How long will I be seen?

Psychotherapy may be about twelve 1-hour meetings, or longer depending on your needs.

Treatment may be group or individual therapy and/or medicine.

What is PTSD?

PTSD is a common condition that can occur after a person has been exposed to an event that involves actual or threatened death or serious injury.

What are PTSD Symptoms?

- Re-experiencing (nightmares, flashbacks)
- Avoiding (thoughts, activities, people associated with the trauma)
- Hyperarousal (feeling on guard, easily startled)



Veterans with PTSD may have other needs.

PTSD Resources:

- Depression treatment
- Anger management
- Spirituality counseling
- Peaceful living skills
- Guilt and shame treatment
- Parenting classes
- Relationship counseling
- Insomnia and nightmare therapy
- Grief counseling
- Alcohol/drug treatment
- Case management
- Military sexual trauma treatment
- Coping with traumatic brain injury

We can help you get connected with these services.