



Do You Care for a Service Member or Veteran?

If you are a spouse, friend, family member or loved one who assists a wounded, ill or injured Service Member or Veteran in any activity (or instrumental activity) of daily living, you are a military caregiver....

Join us for this exciting new program, the Military Caregiver Telehealth Initiative:

- Mental health counseling for military caregivers residing in Texas
- Focus on taking care of YOU
- Promotes emotional well-being and encourages healing
- Visits are virtual (occur through your computer or smart phone)
- The therapy sessions are up to 60-minutes and occur weekly for 12 weeks
- No referral or health insurance needed and no cost to participate
- All information will be kept confidential

Who are we inviting:

- Pre and Post 9/11 military caregivers of wounded, ill or injured veterans
- Military caregivers in the State of Texas
 - Interested in receiving mental health services to deal with sadness, loss, grief, stress, anxiety or other issues
 - Able to participate in weekly counseling for about 3 months

To participate or for additional information please contact:

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