

THE VETERAN

Mental Health and Performance



New Wayland Military and Veteran Student Benefit

Did you know: You have access to a counseling professional with prior military experience to assist you in all aspects of personal growth and performance enhancement?

The nature of military service often requires us to learn how to operate with little to no sleep, to suppress our emotions and push our needs aside, to focus on the results despite the means, even if the means chip away at the very fabric of our being. And it often worked! The mission got done. Another day saved and another successful day in the service of others. Still, we notice a disconnect when we step away from the



YOU HAVE THE FREEDOM TO BUILD THE LIFE YOU WANT!

mission and integrate into our "civilian" lives. Is there a place for me outside those gates? Who am I when I take this uniform off?

We learned to operate in the strict environment of the military, and we can learn to strive in the freedom of our civilian lives. We can reconnect with ourselves; we can strengthen and build our relationships; we can learn the skills to improve our emotional, spiritual, and social well-being. We can succeed while being human.

About the program:

- Free for all enrolled military and veteran students
- Strictly confidential (no military or VA involvement or reporting requirement to those organizations)
- Judgement free - your counselor is prior military and understands the unique circumstances of service and the accompanying stigma of counseling
- Group support and programs specifically for military and veteran students
- Professional counseling services
- Appropriate referrals if applicable
- Assistance with reasonable academic accommodation services
- Advocacy for your needs and well-being
- Life coaching on relationships, parenting, civilian adjustment, goal setting and achievement, emotional intelligence, self-esteem building, etc.
- Open to ALL campuses

Want to learn more?

Join one of the upcoming Veteran Mental Health and Performance Counseling Briefings and meet the Veteran Counselor

Date	Start	End
16 Jun 23	1300 CST	1430 CST
10 Aug 23	1300 CST	1430 CST
12 Oct 23	1300 CST	1430 CST

Note for Campuses outside of Texas

	Start	End
Alaska	1000	1130
Hawaii	0800	0930
Arizona	1100	1230

