



**PTSD is treatable.
We can help.**



Services Provided:

- Mental Health Evaluation
- Post-Traumatic Stress Disorder
- Military Sexual Trauma Survivor Counseling
- Moral Injury and Grief
- Depression
- Anxiety
- Anger Management
- Workplace Stress
- Relationship Issues
- Sleep Difficulty
- Medication Management

Educational Classes and Group Support:

- Stress Management
- Mindful Yoga
- Art Therapy
- Support Groups

Schedule an Appointment:

Call for an appointment at **(312) 942-8387 (VETS)** or schedule online at **www.RoadHomeProgram.org**.

Our services are provided regardless of discharge status or ability to pay.

Treatment Options:

Outpatient Program (In-Person Chicago and Effingham)

Outpatient care at the Road Home Program consists of weekly therapy sessions. Treatment focuses on immediate symptoms reduction, long-term mental health recovery and permanent lifestyle changes for veterans, service members and their families. Length of treatment varies, but veterans, service members and families leave with the tools and skills needed to move forward and build healthy, productive relationships and lives.

Virtual Outpatient Program (Telemedicine)

Virtual outpatient treatment consists of one-hour weekly video sessions via the internet, on a smartphone, tablet or laptop. Our clinicians deliver the same high-quality care and support to our patients at a distance that they would receive in person. If a video visit is an option you would like to discuss with a clinician, call us at (312) 942-8387 (VETS) or schedule an appointment online at RoadHomeProgram.org.

Intensive Outpatient Program (In-Person Chicago)

The IOP is an in-person, individualized treatment program that condenses six months of therapy into two weeks. During the IOP, we connect veterans and service members to both individual and group therapy and a daily regimen of mindfulness-based stress reduction and wellness practices, fitness programs and nutritional education.

All treatment, travel, meals and lodging are provided at no cost to the veteran or service member and one support person.

Two-Week Virtual IOP (Telemedicine)

The virtual IOP consists of two-weeks of daily video sessions via the internet. Our clinicians deliver the same high-quality care and support on a smartphone, tablet or laptop. If the video-based IOP is an option you would like to discuss with a clinician, call us at (312) 942-8387 (VETS) or schedule an appointment online at RoadHomeProgram.org.

The Road Home Program is located at 325 South Paulina, 2nd floor, Chicago, IL 60612. Together we have helped hundreds of veterans, active-duty service members and families affected by the invisible wounds of war and we look forward to helping you.