



## Our Mission Statement

The mission of Veterans voice is to support Veterans and their family in military to civilian transition and post military health and wellness needs. Specifically, we aid and nurture the enrollment process into the VA healthcare system, attaining services provided from the VA healthcare system, and support the member in utilizing benefits provided by the Veterans Affairs.

In addition, we partner with medical professionals and senior staff to rectify new or ongoing deficiencies within the Tibor Rubin VA Medical Center that may deter or prevent veterans from receiving care and to optimize the quality of care. Lastly, we support the Veteran in any and all needs that may or may not be supported by the Veterans Affairs.



## What we do

**Education:** Educate Veterans, family members, and the community in processes and procedures, benefits, and support options.

**Acceptance:** Assisting veterans and the community in the acceptance and understanding of veteran mental and emotional challenges.

**Support:** Support Veterans, family members, VA staff, and the community in all Veteran programs and needs.

**Quality Care:** Review quality and customer satisfaction data to identify, communicate, and correct discrepancies in VA services.

**Quality of Life:** Make a positive difference in the lives of surviving veterans.

**Promote:** Promote understanding, appreciation, and respect for the sacrifice and commitment of the American Veteran.



## Veterans Voice

*Veterans Helping Veterans*

*Veterans Voice is a group of Veterans that focus on supporting other Veterans.*

*We host and participate several events to support veterans in need.*

*We listen and voice the issues that veteran's experience.*

*We assist Veterans in getting the care they need, understanding the service connected disability rating system, becoming acclimated with the VA hospital, securing food and shelter, and much more.*

Contact Us

562.294.1397

<http://veteransvoicelb.org>

Like us on Facebook:

@VeteransVoiceLongBeachVA





## About Us

Veterans Voice was founded in 2014 by a small group of Vietnam Vets dealing with PTSD. Throughout their time at the Long Beach VA they struggled getting treatment and breaking through the system. They experienced frustration getting rated for their service connected injuries, difficulties getting seen in the appropriate clinic, long wait times for appointments, personal hardships as a result of their conditions, and much more. In response to a growing number of veterans in need, these Vietnam Veterans got together and decided to voice their struggles and create change. In addition, they started supporting any and all Veterans that needed help. One by one these Vietnam Vets walked the halls of the Long Beach VA looking to help Veterans in need.

Today Veterans Voice has approximately 20-30 members and growing. We work side by side with the Long Beach VA, now Tibor Rubin VA, staff to promote positive relations between the staff members and patients, rectify shortcomings in the system, highlight unfair treatment of veterans as well as staff members, create a nurturing environment for all and help out wherever we're needed. The Tibor Rubin VA has several committees geared to making this the best VA Hospital possible through identification, communication, and remediation. Veterans Voice participates in the Patient Experience Council and the Social Committee. We also actively sponsor events and support the PTSD clinic, the Fisher House, the PIER, and the Spinal Cord Injury clinic.

## Q&A

### **Do I have to pay for services by the Veterans Voice?**

No, you do not have to pay for services or support from Veterans Voice. We are here to support free of charge.

### **If I attend a Veterans Voice meeting am I committed to becoming a member?**

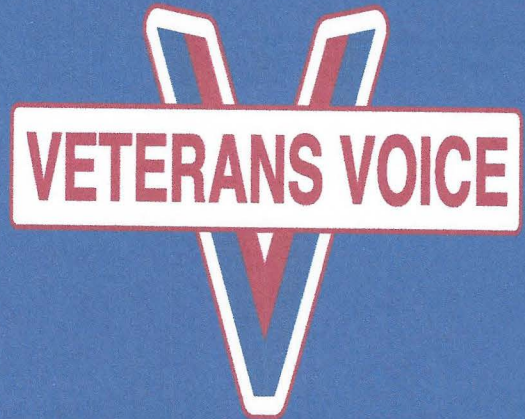
Veterans Voice meetings occurs every Thursday morning at 0800 in Bldg. 128 Room 102. Anyone is welcome to sit in and listen, voice issues, or reach out for help free of commitment.

### **How long will it take to resolve my issue?**

Everyone has different issues they are dealing with. Some issues are more complex than others. The time it takes to resolve your issues is dependent on the situation. Regardless of the situation, you can be assured that we are here to support you all the way through.

### **What if I don't feel comfortable going to a meeting?**

You do not have to attend a meeting. You can call, text, or email us to set an appointment with a VV Member.



**BE PART OF  
SOMETHING  
BIGGER!**

# MEMBERSHIP

## VETERANS VOICE

If you're looking to make a difference in the lives of other veterans, you can do so in a multitude of ways. ★ You can join Veterans Voice. We meet every Thursday at the Long Beach VA in Bldg. 128 Room 102 from 8:00 to 8:50 ★ Or you can volunteer to support Veterans Voice initiatives like feeding homeless veterans, spending quality time with hospitalized Vets and working Veteran

Functions at the VA ★ Or you can donate.

Contact Us 562.294.1397 [Veteransvoicelp@gmail.com](mailto:Veteransvoicelp@gmail.com)  
<http://veteransvoicelb.org> Follow us on Facebook @ VeteransVoiceLongBeachVA

## Post Traumatic Stress Syndrome

IN 2014 AN AVERAGE OF 20 VETERANS DIED BY SUICIDE  
EACH DAY.



**Veterans assessed with PTSD are 4 times more likely to endorse Suicidal ideation than non PTSD Veterans<sup>2</sup>**

## VETERANS HELPING VETERANS

Veterans Voice was founded in 2014 by a small group of Vietnam Vets dealing with PTSD. They struggled with Guilt about Combat Actions, Survivor Guilt, Depression, Anxiety, and severe PTSD<sup>3</sup>, which are five factors found to significantly impact suicide amongst Vietnam Combat Veterans.

Together they fought the odds.

If you or someone you know is dealing with PTSD, Veterans Voice is here to support you through professional treatment and to help break through any barriers of receiving treatment.

**Options for help: Call 911, Go to the nearest Emergency Room, Call the Suicide Prevention Lifeline 1-800-273-8255 or Veterans Crisis Line 1-800-273-8255 (PRESS 2 OR TEXT 838255)**

1. Hendin, & Hase (1991). Suicide and guilt as manifestations of PTSD in Vietnam combat Veterans.  
2. Akupcak, Cook, Insel, Fontana, Rosenheck, & McFall (2009). Posttraumatic stress disorder as a risk factor for suicidal ideation in Iraq and Afghanistan War veterans.  
3. Office of Mental Health and Suicide Prevention (2016). Suicide among Veterans and other Americans 2001-2014.