PSYCHARMOR® Institute

Goodbye to Going At It Alone

School for Military Veteran Caregivers and Families

Sponsored By: USAA® THE USAA FOUNDATION

Tips: Important Strategies

- Practice asking for help.
- Clearly identify what you need.
- Identify and make a list of who you should ask for assistance.
- When asking for help, give the person an out.
- Be prepared that some people will be unable to help because of their schedules. That is okay. You can ask someone else.
- Let people know what you are struggling with, so people can identify other ways to help.

Takeaways: Things to Remember

- Recognize your feelings.
- Investigate and accept your emotions.
- Give yourself permission to ask for help.

Next Recommended PsychArmor Course(s):

- Focusing on the Forgotten...Me!

Personal Reflection

Make a list of people you can ask for help for the following items (Respite, Medical Information, Financial Assistance, and Emotional Support).

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Resources:

If you like this course and want additional information, contact the VA Caregiver Support Program at 855-260-3274 or online at http://www.caregiver.va.gov/.
For additional resources, check out https://hiddenheroes.org/.

VA Caregiver Support

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