



Practical Ways to Help Veterans Succeed in Civilian Life

Our active-duty military bravely serves and protects our country, but their challenges don't end when they return home. The transition from military to civilian life can be difficult, especially because veterans carry the physical and emotional scars of their service. This often leads to struggling to find a good career path and adjusting to new surroundings. But how can we support our heroes during this critical period and ensure they succeed in their civilian lives? Here are some practical ways in which the public can help veterans start or restart a career and deal with PTSD, depression, anxiety, and other mental health issues.

Support Their Career Paths

Finding a civilian job can be a challenging and daunting process for anyone, but it can be especially difficult for veterans. Service members have received extensive training in specific fields, but they may struggle to translate those skills to a civilian workplace. Here are some ways to help veterans jumpstart their civilian career paths:

Provide job leads: Help connect veterans with open positions, job fairs, or job opportunities in your networks.

Offer mentorship: Share your knowledge and industry experience with a veteran looking to start their career.

Provide job training: Contribute to stackable credentials which provide service members with the relevant credentials to work in certain fields.

This helps break down some of the barriers they face in starting a civilian career.

Support Their Mental Health

The trauma of war and service can have lasting effects on a veteran's mental health. The following are ways we can support and promote healthy mental health:

Encourage seeking care: Encourage veterans to seek help from qualified professionals.

Provide resources: Educate veterans on both for-profit and non-profit organizations that are specifically designed to assist veterans with their mental health.

Educate the public: Increase public awareness of the mental health issues that veterans face, eradicating the stigma associated with it.



Support Their Reintegration into Civilian Life

Many veterans find it challenging to reintegrate into their communities because of the differences they face compared to military life. Here are some ways we can help veterans adjust:

Inclusive communities: Encourage veterans to join clubs or organizations in their community to have a sense of belonging.

Social support: Connect them with loved ones, family, and friends, who are invaluable in helping them feel represented, motivated, and loved.

Attend programs: Encourage our veterans to attend social programs which help them reconnect in their community.

Honoring and supporting our veterans takes more than just the yellow "Support Our Troops" ribbons. Instead, it takes an investment in our time and resources to ease the re-adjustment period. By being proactive about supporting our veterans and understanding that more work is needed to support veterans, we can ensure that these heroes successfully integrate into civilian life without obstacles. Through mentorship, job training, resources, mental health awareness, and societal support, we can make a stark difference for our veterans, one individual at a time.

