

A SOCIAL WORKER HELPED HIM PUT THE WAR 6,800 MILES BEHIND HIM.



The social worker is Rick Selig, PhD, LCSW, who counsels veterans in his private practice in Kansas. The soldier is Army National Guard Specialist Chuck Ross. They met when Chuck returned from his tour in Iraq. Finding himself hypersensitive and easily angered, Chuck knew he needed coping skills for being back home — where loud noises aren't attacks and lives aren't always on the line. Dr. Selig, a specialist in trauma and stress, helped Chuck practice techniques to “downshift” his reactions from high alert to everyday life. Four months later he's been able to put the stress of war half a world away. For veterans, for families, help starts with a social worker. **To find out more about these and other life issues or to find a social worker, visit HelpStartsHere.org.**



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