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**OMAHA, Neb.** -- An Omaha-based group is taking a new approach to helping veterans cope with the psychological stress linked to service.

Many veterans have returned home disabled by mental health issues such as post-traumatic stress.

Some reports indicate that more than 300,000 service members have or will return from combat with post-traumatic stress disorder. Doctors said that many of them won't get treatment because they don't want to be labeled as someone who needs therapy.

[An new organization known as the Peace Center is trying to provide fast, easy, and free access to confidential treatment for veterans and their loved ones who suffer from PTSD and related issues.](#)

The center is teaming up with the YWCA to give out treatment confidentially.

"My son Ryan is a veteran and about a year ago he was diagnosed with PTSD," Peace Center representative Bruce Cannon said.

Cannon's story is similar to many families and veterans coming home from Iraq and Afghanistan who carry the memories and stresses of combat back into civilian life.

"It's unbelievable as a parent or family member to try to experience -- try to understand the experience that they go through," Cannon said.

For veterans coming back, it's hard to stop reliving their experiences of ask for help.

"It used to be ignored, kind of swept under the rug in the past but no longer can we afford to do that to our veterans," Rep. Lee Terry said.

The YWCA and the Peace Center combined forces to offer free, confidential, anonymous treatment for PTSD.

"[We] help them get rid of the negative emotions they have related to those experiences," YWCA resident psychologist Dr. Ann Potter said.

Potter said the goal is to make families healthy again.

"To have veterans and their families whole again, for veterans to be able to function on a day to day basis and even more than that, to thrive again," Potter said.

The Peace Center hopes to help families of veterans who may not receive benefits at places like the veterans administration.

"Otherwise these people, these families spiral out of control and the damage can be irreparable

if we don't," Terry said.

Director Scott Anderson said whether vets get help at the Veterans Administration or the Peace Center, it's important families and vets get the help they need.

