

Supporting Our Heroes: Counseling for Veterans and First Responders at Foundations Counseling

At Foundations Counseling, we understand the distinctive needs of veterans and first responders who dedicate their lives to protecting our communities and nation. We also know that sometimes, seeking the appropriate help can be daunting. We are here to provide the specialized support you or your loved one may need.

Elliot Keegan, LPC, a Marine veteran, works with veterans and first responders and has a wealth of experience from running a program called Help for Heroes before joining Foundations Counseling. Elliot has helped a wide range of individuals, including local law enforcement, fire department personnel, police dispatchers, corrections officers, active-duty military, veterans from all branches, and Special Forces. This background has given him a deep understanding of the challenges faced by these heroes.

Elliot Keegan was inspired to specialize in counseling for veterans and first responders because he wanted to help break the stigma surrounding mental health issues. Being a Marine veteran, he knows firsthand that there is a lack of openness among other veterans and first responders to seek support.

“They often feel compelled to be strong, which can hinder them from reaching out. Understanding these unique challenges is critical to providing effective support,” shares Elliot.

“I like to build rapport with clients by drawing on shared experiences and mutual understanding. This approach helps veterans and first responders feel comfortable discussing their problems with someone who comprehends their unique situation,” Elliot shares.

It is not always easy to be open and honest; therefore, Keegan focuses on building a foundation of trust and security to encourage his clients to open up. He also shares his own experiences as a combat veteran who successfully recovered.

“Sharing experiences can help my clients realize they are not alone in their struggles,” says Elliot.

Signs that it might be time to consider counseling:

- increased irritability
- argumentativeness
- isolation
- substance abuse
- strained relationships

Getting Started with Therapy

For veterans, first responders, or their loved ones considering therapy, Keegan advises evaluating the severity of the issue and seeking medical help if necessary. When it comes to finding an individual therapist, looking for someone who understands their unique needs and has experience in counseling these populations can make a significant difference.

Learn more and schedule your first appointment by calling Foundations Counseling at (513)785-4895.



www.foundations-counseling.org