

VETERANS CRISIS LINE

1-800-273-8255, Press 1
Text 838255

Veteranscrisisline.net/
get-help



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NEVER ALONE

T R A U M A H E A L I N G



HELP IS AVAILABLE FOR YOU



1-800-273-8255 PRESS 1





WELCOME TO THE VETERANS CRISIS LINE

Are you a Service Member (including Guard and Reserves), Veteran, Family Member, or Friend in crisis or concerned about someone who is? Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves. Confidential support is available 24/7. You can also **Text 838255** or go online at <https://www.veteranscrisisline.net/get-help>

MILITARY ONESOURCE



Trauma Healing
INSTITUTE

AMERICAN BIBLE SOCIETY



ARMED
SERVICES
MINISTRY

DEPLOYING GOD'S WORD

SAMHSA

Substance Abuse and Mental Health
Services Administration

An additional resource is available 24/7 for **currently serving members** of the Armed Forces and their families:

1-800-273-8255
militaryonesource.mil



To learn more about the American Bible Society Trauma Healing Institute or locate a trauma healing small group:

traumahealinginstitute.org

To continue Scripture Engagement with programs and products specifically designed for Service members, Veterans, and their families:

Armedservicesministry.org

SAMHSA's National Helpline **1-800-662-HELP (4357)**

To access SAMHSA's National Helpline - a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders:

1-800-662-HELP (4357)





ADDITIONAL RESOURCES

National Call Center for Homeless Veterans

If you are or know a Veteran who is homeless or at risk of becoming homeless, you may contact the National VA Call Center for Homeless Veterans. These resources are also available to Veterans' family members and friends, VA medical centers, VA partners, community agencies, and service providers.

- Call **1-877-424-3838**, 24/7
- Chat online: va.gov/homeless/nationalcallcenter.asp



Women Veterans Call Center

The Women Veterans Call Center (WVCC) provides VA services and resources to women Veterans, their families, and caregivers. You can also chat online anonymously with a WVCC representative.

- Call **1-855-VA-Women (1-855-829-6636)**
- Chat online womenshealth.va.gov

Real Warriors

Real Warriors, a program through the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), provides information and resources about psychological health, Posttraumatic Stress Disorder (PTSD), and traumatic brain injury.

- Call **1-866-966-1020**, available 24/7
- Chat online: realwarriors.net 24/7

Resources for Family Members or Friends of Veterans

Caregiver Support

If you are caring for a Veteran, the VA Caregiver Support Program offers training, educational resources, and a variety of tools to help you succeed.

- Call **1-855-260-3274**, 8 a.m.–8 p.m. ET, Monday–Friday for caregiver advice
- Find your local Caregiver Support Coordinator at va.caregiver.gov

Coaching Into Care

This VA program provides guidance to Veterans' family members and friends for encouraging a reluctant Veteran they care about to reach out for support with a mental health challenge.

- Call **1-888-823-7458** Monday – Friday, 8 a.m. – 8 p.m. ET
- Email CoachingIntoCare@va.gov

Military Sexual Trauma

DoD Safe Helpline provides live, one-on-one, crisis support services for members of the military community impacted by sexual assault. It is available 24/7, worldwide. Safe Helpline services are confidential, anonymous, and secure, providing victims with the help they need anytime, anywhere.

- Telephone Helpline: Safe Helpline provides live, confidential, one-on-one help over the phone at **877-995-5247** (in the U.S. and worldwide via DSN). Through a warm handoff, Safe Helpline staff can also transfer users to DoD and civilian sexual assault service providers.
- Online Helpline: Safe Helpline provides live, confidential, one-on-one help through a secure instant-messaging platform at www.SafeHelpline.org. The website also contains vital information about recovering from and reporting a sexual assault.

