



Resources

BARRIERS TO TREATMENT

General Information

- Tragedy Assistance Program for Survivors | taps.org
- The National Resource Directory | nrd.gov
- American Foundation for Suicide Prevention | afsp.org
- American Association of Suicidology | suicidology.org
- The National Action Alliance for Suicide Prevention | theactionalliance.org

Peer-Support Mental Health Resources

Vets4Warriors is a non-profit, founded by and run by Veterans, dedicated to military mental health support and suicide prevention at <http://www.vets4warriors.com/> or 855-838-8255 for 24/7 helpline for peer support and resources.

Military One Source is a 24/7 helpline and website that offers resources and referral for mental health and everyday issues such as financial, legal and employment concerns: <https://www.militaryonesource.mil/>. Call 800-342-9647.

The Marine Corps **DSTRESS** Line provides a 24/7, anonymous phone and chat and referral service using a 'Marine-to-Marine' approach.

Mental Health Referrals for Veterans

Headstrong Project: Provides post-9/11 military Veterans with free mental health care. <http://getheadstrong.org/get-help/>

Find VA "**Vet Centers**" for outpatient care and counseling- which are confidential and are not included in Veteran's service record book. Visit <https://www.vetcenter.va.gov/> for a state-by-state locator.

Engage with National Veterans Service Organizations

TAPS Good Grief Camp mentor program: Join the tribe within TAPS by serving as a Good Grief Camp mentor to a child who has lost a military family member. Veterans change the lives of surviving military ones, learn coping skills, and find support systems. <https://www.taps.org/militarymentor>

Team Red, White and Blue: Team RWB connects Veterans to their community through physical and social activity. Engaging members in meaningful team and community-based experiences renews self-identity and purpose in life. <https://www.teamrwb.org/>

Team Rubicon: Team Rubicon unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams. Through continued service, Team Rubicon helps veterans re-discover purpose, community, and identity. <https://teamrubiconusa.org/>

The Mission Continues: The Mission Continues empowers Veterans who are adjusting to life at home to find purpose through community impact. Veterans are deployed on new missions in their communities, so that their actions will inspire future generations to come. <https://missioncontinues.org/>

Wounded Warrior Project: WWP's Alumni program helps Veterans reform relationships by providing opportunities to connect with one another, programs, and their communities. Wounded Warrior Project also hosts family and spouse-focused events. <https://www.woundedwarriorproject.org/>

Crisis Lines

National Suicide Prevention Lifeline

If you or someone you know is in crisis, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

Veterans Crisis Line

The Veterans Crisis Line connects service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, [online chat](#), or text-messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone.



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