



Resources

FINDING STABILITY AFTER SUICIDE LOSS

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
- VA Mental Health | mentalhealth.va.gov

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.

BE THERE, DOD support outreach and call center: <https://www.betherepeersupport.org>.
Call 844-357-PEER (7337) and TEXT to: 480-360-6188.

DSTRESS: 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.

Cohen Veterans Network: A privately funded network of clinics offering free or low-cost time-limited clinical treatment to Veterans and their families. Find a CVN clinic at <https://www.cohenVeteransnetwork.org/clinics/>.

Wounded Warrior Project: The WWP Resource Center can assist you with information regarding WWP programs and services to meet your specific needs. Visit resourcecenter@woundedwarriorproject.org or call 888-WWP-ALUM.

Give an Hour: A network of volunteer counselors, therapists, and other licensed professionals. They provide free mental health counseling to combat Veterans returning from Iraq and Afghanistan, as well as their loved ones. Contact www.giveanhour.org or info@giveanhour.org.

Toolkit

- VA Mental Health Suicide Prevention ⓘ mentalhealth.va.gov
- How To Talk To Children About Suicide: An Age-By-Age Guide ⓘ parentingtoolkit.com

Mental Health Referrals for Veterans

- Military One Source ⓘ militaryonesource.mil
- National Alliance on Mental Illness ⓘ nami.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 800-273-TALK (8255), [online chat](#), 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 800-273-8255 and Press 1 to talk to someone.



Citations

Suicide is traumatic. First, those exposed to suicide are at increased risk for suicide, mental health disorders, addiction and reclusiveness. (Mitchell, Kim, Prigerson & Mortimer, 2005 and McMenamy, Jordan and Mitchell, 2008). Further, survivors of suicide loss report higher levels of rejection, shame, and blaming that all other survivor groups (e.g. Sverrn and Walby, 2007).

“Supporting Children and Teens After a Suicide Death” is a resource provided by the Dougy Center: https://www.dougy.org/docs/TDC_Supporting_Children_Teens_After_a_Suicide_Death_2018.pdf

This course has been supported by

