

Resources for Military Caregivers

Crisis Support

- [Veterans Crisis Line](#): Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of whom are Veterans themselves. The Veterans Crisis Line is free, confidential support, available 24/7 for all Veterans, Service members, National Guard and Reserve, and their family members and friends.
- [Helping Others Hold On](#): Compared to the civilian population, suicide rates among military Service Members and Veterans are very high. This series of lessons gives tools and tips to recognize, understand, and combat suicidal feelings in Veterans. Talking about suicide can actually help a Veteran and any support they receive can make a difference in their lives.
- [S.A.V.E.](#): Our hope for this course is that you will become empowered to play a vital role in suicide prevention. This course was developed in collaboration with the Department of Veterans Affairs and is presented by Dr. Megan McCarthy, Deputy Director of Suicide Prevention. You will develop a general understanding of the problem of suicide in the United States, understand how to identify a Veteran who may be at risk for suicide, and know what to do if you identify a Veteran at risk. Each of us has the opportunity to be that one person who makes a difference – the person who asks the question that can save a Veteran's life, or the life of anyone struggling with the thoughts of suicide. Using the simple steps of S.A.V.E., we can all make a difference.

Education

- [Boys & Girls Club of America: Virtual Learning and Engagement Resources](#): Boys & Girls Clubs of America is providing resources all youth, youth-serving organizations, and families can use during this time.

Exercise

- [The American Heart Association: Ways to Get Moving](#): Incorporate physical activity breaks at home to help your kids get their recommended 60 minutes or more of physical activity a day.
- [The Cooper Institute](#): Students participating in the FitnessGram assessment gain a better understanding of their own health-related fitness. Schools that include the FitnessGram assessment in their physical education programs are better equipped to meet student fitness needs and teach healthy habits that will last well into the future.

Financial Support

- [Gary Sinise Foundation](#): Any military service members, Veterans, first responders, and their families affected by COVID-19 can apply for financial assistance through an initiative of the Foundation's Relief and Resiliency program, called H.O.P.E. (heal, overcome, persevere, and excel).

Food Insecurity & Recipes

- [Feeding America](#): The Feeding America nationwide network of food banks secures and distributes 4.3 billion meals each year through food pantries and meal programs throughout the United States. They lead the nation to engage in the fight against hunger. Contact your local community food bank to find food or read about public assistance programs.
- [Minestrone Soup](#): add or subtract ingredients based on what you have in the house, freeze any leftovers for later.
- [Pasta Salad](#): add or subtract ingredients based on what is available to you.
- [Ground Beef Stuffed Pepper](#): substitute with ground chicken, ground pork, or more veggies based on your taste.
- [Scrambled Egg Muffins](#): a great option to make ahead and then refrigerate for later.
- [allrecipes.com](#) has a lot of recipes and you can find recipes based on ingredients you have in your house via their "ingredient search" filter.

Fun Ideas While at Home

- [12 Museums around the World that offer Virtual Tours](#): Google Arts & Culture collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science. This collection is especially good for students who are looking for ways to stay on top of their studies while schools are closed.
- [Virtual Field Trips](#): Virtual field trips are a great way to expose kids to new places all from the comfort of home. In this age of technology, so many museums, zoos, and aquariums have set up virtual tours and webcams of their facilities. Now more than ever, is it easier to visit destinations around the world from the comfort of your couch.
- [Online Workout Resources](#): These are the 50 best resources for free online workouts that make it easy for you to exercise at home. Whether you have just a few minutes for a quick core workout, or if you'd like to join a month-long daily yoga challenge, there is something here that will help you exercise at home.
- [What to Watch, Listen to, and Cook During Quarantine](#): You are staying home and you need a distraction. The New York Times updates this recommendation list every weekday.

Healthcare Support

- [Alcoholic Anonymous](#): Browse the Online Meeting Directories. Email, chat, audio, and forums meetings in a variety of languages are in progress.
- [Centers for Disease Control](#): The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.
- [Department of Veterans Affairs](#): Call your [VA Medical Center](#) before going to a clinic, urgent care, or emergency room, especially if you have symptoms of fever, cough and shortness of breath. Calling first helps us protect you, medical staff, and other patients. Ask your VA health care team about the option of care by phone or video instead of an in-person

visit. We also ask that visitors who feel unwell postpone their visits to VA facilities. Visit the [Centers for Disease Control \(CDC\)](#) for the latest coronavirus information. You can also read about VA's [public health response](#).

- [National Institutes of Health](#): NIH provides the most up-to-date research information on COVID-19 and guidance from the Centers for Disease Control.

Online Caregivers Support/Community

- [Hidden Heroes](#): If you are a military caregiver, we encourage you to connect with a community of your peers via Hidden Heroes' secure Facebook group and Caregiver Q&A, to share experiences and advice with those who've been there. They also offer access to educational online courses to help you through the challenges of caregiving.
- [Operation Family Caregiver](#): Operation Family Caregiver can be delivered to caregivers anywhere in the United States via video conferencing, phone, or in person in several locations. Complete and send the referral form to their national office, or contact one of these sites to learn more about how Operation Family Caregiver might help you. Reaching out is a sign of strength.
- [Hope For The Warriors](#): Hope for the Warriors understands the challenges, pride, and joy of being a military family. For today, tomorrow, and years to come, we will strive to meet the changing needs of service members and their families.
- [VA Caregiver Support](#): VA's National Caregiver Support Line (CSL) serves as a primary resource/referral center to assist caregivers, Veterans, and others seeking caregiver information. VA's Caregiver Support Line has licensed caring professionals standing by.

Self-Care

- [PsychArmor](#): The United States is home to more than 5.5 million military caregivers. Sponsored by The USAA Foundation, Inc., PsychArmor offers courses to help caregivers balance their duties and need for self-care. This library of 45+ courses provides information, resources, and strategies on how to manage the demands and stressors of caregiving.