



## Returning Military and Their Families: Resource Document

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### **National Suicide Prevention Lifeline: Call 1-800-273-TALK**

A new prompt offers the option of pressing #1 and connecting directly to a special Veteran's Affairs (VA) suicide crisis line and staffed by mental health professionals 24 hours/7 days a week.

### **Federal Services**

The Veteran's Administration has an array of services and benefits including healthcare, vocational training, disability assistance and life insurance that former military can access via [www.va.gov](http://www.va.gov) or by calling 1-800-827-1000.

Those still in the military and National Guard can access information about services through [MilitaryOneSource.com](http://MilitaryOneSource.com) or 1-800-342-9647. It is a 24 hour/7 days a week clearinghouse that can assist military members, their spouses and families with issues such as housing and moving, federal tax preparation, navigating healthcare, and education scholarships for military spouses and children.

### **"Give An Hour" and Other Community-based services**

The American Psychiatric Association is a cornerstone member of "Give an Hour" [www.giveanhour.org](http://www.giveanhour.org) which has a network of 4,600 mental health professionals nationwide who donate a hour of their time each week to provide free mental health services to military personnel and their families.

The federal Substance Abuse and Mental Health Services Agency (SAMHSA) 24-Hour Toll-Free Treatment Referral Helpline 1-800-662-HELP (1-800-662-4357) can assist people in accessing care for substance abuse and alcohol use issues. SAMHSA maintains a website to help connect returning military and their families to local services at <http://www.samhsa.gov/vets>.

Several groups created by and for returning military and their families can also provide support and services:

Iraq and Afghanistan Veterans Association	<a href="http://www.iava.org">http://www.iava.org</a>
Wounded Warriors	<a href="http://www.woundedwarriors.org">http://www.woundedwarriors.org</a>
National Military and Guard Families	<a href="http://www.militaryfamilies.org">http://www.militaryfamilies.org</a>
American Veterans (AMVETS)	<a href="http://www.amvets.org">http://www.amvets.org</a>

### **Tragedy Assistance Program for Survivors**

TAPS provides ongoing emotional help, hope and healing to all who are grieving the death of a loved one in military service to America, regardless of relationship to the deceased, geography or circumstance of the death. TAPS provides peer-based support, crisis care, casualty casework assistance and grief and trauma resources 24 hours/7 days a week at 800-959-TAPS (8277), [www.taps.org](http://www.taps.org).