



NAMI Homefront Resource Directory

NAMI volunteers and staff have compiled this directory of external resources to help you identify possible options to meet your needs. The resources included in the NAMI Homefront Resource Directory are not endorsed by NAMI, and NAMI is not responsible for the content or service provided by any of these resources.

Updated April 2022

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

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Crisis

911 in case of a dangerous or life-threatening emergency, always dial 911 immediately.

Military Helpline is a free, confidential crisis service staffed by veterans and others trained in military culture. They operate 24/7, 265 days a year. (888) 457-4838 militaryhelpline.org

National Domestic Violence Hotline is a 24/7 confidential resource hotline that provides emotional support, local resources, and safety plans for those who are in domestic violence situation or their loved ones. (800) 799-7233 thehotline.org

National Suicide Prevention Lifeline is a free, confidential crisis service that operates 24/7. By calling the number, you will be connected to a skilled, trained crisis worker who works at the Lifeline network crisis center closest to you. 1-800-273-8255 (for Veterans, press 1) suicidepreventionlifeline.org

RAINN (Rape, Abuse & Incest National Network) provides a national hotline for survivors of sexual assault and their loved ones. Provides connection to local sexual assault programs, safety planning, and self-care, online chat also available. (800) 656-4673 rainn.org

Veterans Crisis Line is a free, confidential, 24/7 hotline and online chat available to Service Members and Veterans of all branches of the military and their loved ones in suicidal crisis or emotional distress. 1-800-273-TALK (800-273-8255), press "1". Veteranscrisisline.net

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Branch Specific

Air Force

U.S. Air Force offers service specific resources to build individual, family and command resilience. Resources are available for active-duty airmen, the Air National Guard and Reserve, Veterans, and their families. [af.mil](https://www.af.mil)

Air Force Aid Society (AFAS) is the official charity of the U.S. Air Force and U.S. Space Force. They provide emergency financial assistance, educational assistance, and community programs. Through the years, AFAS has become increasingly effective in helping individuals with personal emergencies. [AFAS.org](https://www.afas.org)

Air Force Wounded Warrior program provides and facilitates assistance to airmen, guardians, Veterans, and their families with combat or hostile-related injury or illness requiring long-term care. The multimedia website features videos and other resources for airmen and their families. [woundedwarrior.af.mil](https://www.woundedwarrior.af.mil)

Airman & Family Division works collaboratively to build stronger communities within the Air Force. The website provides resources relating to crisis response, deployment, employment, EFMP, personal and work life, finances, readiness, relocation assistance, transition assistance, and voting assistance. [afpc.af.mil/Airman-and-Family](https://www.afpc.af.mil/Airman-and-Family)

Department of the Air Force Resilience provides training, awareness, and outreach to teach warfighters and their families how to adapt to adversity, trauma, tragedy, threats, or even significant sources of stress. Some of their programs include a Suicide Prevention Program as well as Sexual Assault Prevention and Response. [resilience.af.mil](https://www.resilience.af.mil)

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Army

U.S. Army offers service specific resources to build individual, family and command resilience. Resources are available for active-duty soldiers, the Army National Guard and Reserve, Veterans, and their families. [army.mil](https://www.army.mil)

Army Emergency Relief (AER) is the Army's own emergency financial assistance organization. AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers. AER funds are made available to commanders having AER Sections to provide emergency financial assistance to soldiers—active & retired—and their dependents when there is a valid need. [armyemergencyrelief.org](https://www.armyemergencyrelief.org)

Army Family Web Portal is a suite of software systems that support Army families and the staff of Army Community Service (ACS). Individuals can stay up to date with announcements, news, and events, as well as learn about the ACS Family Programs. [armyfamilywebportal.com/home](https://www.armyfamilywebportal.com/home)

Army Recovery Care Program (ARCP) transitions soldiers, their families, and/or caregivers back to the force and/or to Veteran status, through a comprehensive program of medical care, rehabilitation, professional development, and achievement of personal goals. The ARCP was previously known as the Warrior Care and Transition Program or Army Wounded Warrior Program. Visit arcp.army.mil/ and search “ARCP”

Army Resilience Directorate provides training, awareness, and outreach to teach soldiers and their families how to adapt to adversity, trauma, tragedy, threats, or even significant sources of stress. Some of their programs include the Sexual Harassment/Assault Response and Prevention Program, the Suicide Prevention Program, and the Substance Abuse Program. [armyresilience.army.mil](https://www.armyresilience.army.mil)

Army Virtual Soldier & Family Readiness Group is an online tool for connecting with your local Family Readiness Group (FRG). You can search for FRGs by location and even create a new FRG. [armyfamilywebportal.com/](https://www.armyfamilywebportal.com/)

Association of the United States Army (AUSA) offers resources, benefit information and support for active-duty soldiers, Reserve and National Guard soldiers, retired soldiers, and Veterans. [ausa.org](https://www.ausa.org)

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Coast Guard

U.S. Coast Guard offers service specific resources to build individual, family and command resilience. Resources are available for active-duty guardsmen, the Coast Guard Reserve, Veterans, and their families. uscg.mil

The Department of Homeland Security has 22 federal departments and agencies including the U.S. Coast Guard, U.S. Customs and Border Protection, U.S. Citizenship and Immigration Services, Federal Emergency Management Agency, U.S. Immigration and Customs Enforcement, U.S. Secret Service and Transportation Security Administration. dhs.gov

CG SUPRT is a comprehensive Employee Assistance Program (EAP) available to active-duty military, civilian employees, and family members. They operate 24/7 and provide free and confidential services, within the bounds of the law. Features of the program include work-life resources and referrals, non-medical counseling, health coaching, personal financial wellness, legal services, and education and career counseling. cgsuprt.com

Naval Services FamilyLine formerly known as the Navy Wifeline Association, is a network of experienced, trained volunteer spouses who mentor, consult, and guide families in the Navy, Marine Corps, and Coast Guard. nsfamilyline.org

Navy Safe Harbor Foundation provides financial assistance and support to Navy and Coast Guard Sailors and their families enrolled in the Navy Wounded Warrior Program. safeharborfoundation.org

Suicide Prevention Program is a part of the U.S. Coast Guard Office of Work-Life Programs. They provide information and resources regarding suicide prevention. Emergency suicide crisis services can also be accessed 24/7 via the CG SUPRT Program toll free number 855-CGSUPRT (855-247-8778). uscg.mil/worklife/suicide_prevention.asp

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Marine Corps

U.S. Marine Corps offers service specific resources to build individual, family and command resilience. Resources are available for Marines, Veterans, and their families. marines.mil

Leaders Guide for Managing Marines in Distress is a quick reference, designed to help leaders at all levels take care of Marines within the unit who are in distress because of their situation or behavior. The guide provides resources for the following categories: suicide prevention, traumatic brain injury, tobacco prevention and cessation, alcohol and substance abuse prevention, and sexual health and responsibility.

marforres.marines.mil/portals/116/docs/mccs/semperfit/surviveresources.doc

Marine Corps Community Services is a comprehensive resource for the Marine Corps community. The website features information on military life, family life and retiree life as well as resources about wellness, recreation, fitness, and even shopping. usmc-mccs.org

Marine Corps Community Services - Readiness and Deployment Support connects military personnel and their families with local readiness and deployment support training programs to prepare military families for the unique challenges of a deployment.

usmc-mccs.org/services/family/readiness-and-deployment-support

Marines Corps Community Services - Wellness provides support, resources, and fact sheets for new parent support, suicide prevention, sexual assault prevention, community counseling, substance abuse, and family advocacy.

usmc-mccs.org/locations/default/wellness

Marines for Life Network (M4L) connects transitioning Marines and their family members to education resources, employment opportunities, and other Veterans service that aid in their career and life goals outside of military services.

usmc-mccs.org/services/career/marine-for-life-network

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Naval Services FamilyLine formerly known as the Navy Wifeline Association, is a network of experienced, trained volunteer spouses who mentor, consult, and guide families in the Navy, Marine Corps, and Coast Guard. nsfamilyline.org

Navy and Marine Corps Public Health Center provides fact sheets and other tools related to physical, psychological, and emotional well-being. med.navy.mil/Navy-Marine-Corps-Public-Health-Center

Navy-Marine Corps Relief Society provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors. The Society also receives and manages donated funds to administer these programs and services. nmcrs.org

Wounded Warrior Regiment provides and facilitates assistance to wounded/injured/ill Marines and sailors attached to or in support of Marine units, and their families. WWR operates a 24/7 call center, the Sergeant Merlin German Call Center. Marines and families can contact the Call Center with questions regarding non-medical care issues 1-877-487-6299. woundedwarrior.marines.mil

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Navy

U.S. Navy offers service specific resources to build individual, family, and command resilience. Resources are available for active-duty sailors, reservists, Veterans, and their families. [navy.mil](https://www.navy.mil)

Commander, Navy Installations Command (CNIC) Fleet and Family Readiness is responsible for policy development, resourcing, and oversight of quality-of-life programs for Sailors and their families. It includes Fleet Readiness, Family Readiness, and Navy Housing Programs. cnic.navy.mil/ffr.html

Naval Services FamilyLine formerly known as the Navy Wifeline Association, is a network of experienced, trained volunteer spouses who mentor, consult, and guide families in the Navy, Marine Corps, and Coast Guard. nsfamilyline.org

Navy and Marine Corps Public Health Center provides fact sheets and other tools related to physical, psychological, and emotional well-being. med.navy.mil/Navy-Marine-Corps-Public-Health-Center

Navy Personnel Command is the official website of the U.S. Navy Personnel Command. Sailors, Veterans, and families can find information relating to Navy personnel issues at this website. npc.navy.mil

Navy Safe Harbor Foundation provides financial assistance and support to Navy and Coast Guard Sailors and their families enrolled in the Navy Wounded Warrior Program. safeharborfoundation.org

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Reserve and National Guard

Air Force Reserve Command has resources in the “Airman & Family” page, located under the “About Us” tab. afrc.af.mil

Army National Guard Bureau has resources under the “Resources” tab. nationalguard.mil

Army Reserve has resources under the “Resources” tab. usar.army.mil

Marine Corps Reserve has resources under the “Resources” tab. marforres.marines.mil

Navy Reserve has resources under the “Resources” tab. navyreserve.navy.mil

Employer Support of the Guard and Reserve advocates for relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between employers and Service Members. The website provides resources for Service Members, employers, and volunteers within the organization. esgr.mil

Office of the Deputy Assistant Secretary of Defense for Reserve Integration integrates Reserve Component issues across the DoD and serves as the representative liaison for all seven Reserve Components. They provide strategic engagement on all Reserve Component matters prhome.defense.gov/M-RA/Inside-M-RA/Reserve-Integration/

Reserve Organization of America (ROA) previously known as the Reserve Officers Association, the ROA has been the nation’s leading advocate for Reservists and their families. Reserve Service Members face the unique burdens of balancing civilian and military commitments. Their services include legal assistance, education, and professional development. roa.org

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Caregivers and Loved Ones

American Association of School Administrators offers guidance for schools on meeting the educational needs of children whose parents are deployed or in transition. aasa.org

American Legion provides a wide range of support to families of Service Members, including financial assistance through its Temporary Financial Assistance Program. legion.org

Blue Star Families is a non-profit organization committed to supporting military families through the unique challenges of military service, connecting military families regardless of rank, branch of service or physical location and empowering military family members to create the best personal and family life possible for themselves. bluestarfam.org

Code of Support Foundation (COSF) works to engage and leverage the full spectrum of this nation's resources to ensure our Service Members, Veterans and their families receive the support they need and have earned through their service and sacrifice. COSF has three programs: Case Coordination Program; Warrior, Veteran & Family Support Network (WVFSN); Awareness & Engagement Program. codeofsupport.org

Easter Seals Military and Veterans Caregiver Services Program offers training and respite for caregivers in collaborations with the VA. Training covers topics such as caregiver self-care, home safety, caregiver skills, Veteran personal care, managing difficult behaviors, and support resources. easterseals.com

Elizabeth Dole Foundation supports and empowers military caregivers (spouses, parents, family members and friends) who care for America's wounded, ill, or injured Veterans. elizabethdolefoundation.org

Fisher House donates comfort homes where military and Veteran families can stay free of charge, while a loved one is in the hospital. These homes are located at military and VA medical centers around the world. fisherhouse.org

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FOCUS Project (Families OverComing Under Stress) provides resiliency training to Service Member, their spouse/partner, and their children. It teaches practical skills to meet the challenges faced by military families. focusproject.org

Military SOS is a support site for military spouses and significant others open to all loved ones of military Service Members (active, reserve and retired). militarysos.com/

National Child Traumatic Stress Network (NCTSN) brings a singular and comprehensive focus to childhood trauma. NCTSN's collaboration of frontline providers, researchers and families is committed to raising the standard of care while increasing access to services. Resources can be found on their website. nctsn.org/resources/topics/military-children-and-families

National Military Family Association is an organization that speaks up on behalf of military families and empowers husbands, wives, and children to understand and access their benefits. They strive to support and enhance the quality of life for military families through advocacy, programming, and dynamic solutions. militaryfamily.org

Operation Family Caregiver is an evidence-based practice that provides free and confidential support to caregivers who are managing difficult transitions. operationfamilycaregiver.org

Sesame Street for Military Families provides families with child-friendly videos and activity guides on a variety of issues that may impact a military family. Topics include deployment, grief, injuries, and military homecomings. sesamestreetformilitaryfamilies.org

VA Caregiver Support Program provides resources and support for family caregivers. They offer a Support Line for caregivers, family members, friends, Veterans, and community partners with information related to caregiving and available supports and services. They provide information on caregiver support services, counseling, educational services, and referrals to local Caregiver Support Program staff at VA medical centers. VA's Caregiver Support Line 855-260-3274 is toll-free Mon.—Fri. 0800-2200 ET, Sat. 0800-1700 ET. caregiver.va.gov

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VA MIRECC/CoE Coaching Into Care is a national VA telephone-based service that provides consultation services for family members who would like to help a Veteran seek mental health care in a VA treatment facility or Vet Center. Coaching Into Care can help Veterans find the right resource, treatment facility or Vet Center that they need. There is no cost to the caller or the Veteran. The Coaching Into Care service is developed, funded and operated by VA.

mirecc.va.gov/coaching

VeteranCaregiver provides peer support and other resources to Veterans and caregivers. [Veterancaregiver.com](https://veterancaregiver.com)

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Department of Defense (DoD) Resources

U.S. Department of Defense has a wide variety of resources available to support the resiliency and recovery of all Service Members. [defense.gov](https://www.defense.gov)

Afterdeployment.org addresses post-deployment challenges, including psychological health concerns, substance abuse, employment issues, reconnecting with family and friends, spiritual guidance and living with physical injuries. The website also features a Peer-2-Peer forum for Service Members and families. [afterdeployment.org](https://www.afterdeployment.org)

Center for Deployment Psychology (CDP) trains military and civilian behavioral health professionals to provide the high-quality care necessary to address the deployment related needs of military personnel, Veterans, and their families. [deploymentpsych.org](https://www.deploymentpsych.org)

Military Community and Family Policy is the Department of Defense website for official Military Community and Family Policy program information, policy and guidance designed to help troops and their families, leaders, and service providers. prhome.defense.gov/M-RA/Inside-M-RA/MCFP/

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members and their families. Confidential services are available 24 hours a day via a call center and online support for consultations on a number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support and resources. Military OneSource also offers confidential non-medical counseling services online via telephone or in-person. This personalized support is available 24/7 no matter where you live or serve. [militaryonesource.mil](https://www.militaryonesource.mil)

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National Resource Directory is a database of validated resources for Service Members, Veterans, family members, and caregivers. Visitors can find information on topics including benefits and compensation, education and training, employment, family and caregiver support, health, homeless assistance, housing, transportation and other services and resources. nrd.gov

United Service Organizations (USO) is a nonprofit recognized by the Department of Defense, Congress and President of the United States, who serves as Honorary Chairman of the USO. The USO provides programs and entertainment for Service Members and their families. uso.org

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Disability

ADA Information Line provides information and materials to the public about the requirements of the Americans with Disabilities Act (ADA). Individuals can get answers to technical questions, obtain general ADA information, order free ADA materials, or ask about filing a complaint. (800-514-0301) [ada.gov/infoline.htm](https://www.ada.gov/infoline.htm)

Bazon Center for Mental Health Law works on a broad array of mental health issues. The website includes a resource library with a list of disability rights organizations. [bazon.org](https://www.bazon.org)

Disability.gov is an online portal to the federal government's information and initiatives for people with disabilities, including information about housing, education, accessibility, transportation, and assistive technology. [dol.gov](https://www.dol.gov)

DoD Disability Evaluations include the Integrated Disability Evaluation System (IDES), the Medical Evaluation Board (MEB), the Physical Evaluation Board (PEB), and the Physical Disability Board of Review (PDBR). Visit [health.mil](https://www.health.mil) and search "physical disability" for more information.

DoD Medical Exam Review Board (DoDMERB) Secure Applicant Information Repository provides information and forms regarding the DoDMERB process. [dodmets.com/](https://www.dodmets.com/)

Military Disability Made Easy is a third-party service that helps Veterans and Service Members navigate the military disability system to help maximize the disability benefits they have earned. [militarydisabilitymadeeasy.com](https://www.militarydisabilitymadeeasy.com)

National Rehabilitation Information Center provides detailed online resource lists (books, magazines, and organizations) related to many kinds of disabilities, including blindness/visual impairment, deafness/hearing impairment, mental health, spinal cord injury and traumatic brain injury. Also includes resource information for assistive technology, universal design, and employment. [naric.com](https://www.naric.com)

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Education/Employment

AmeriCorps aids Veterans and military families by connecting them to education opportunities, jobs, and the benefits that they have earned.

americorps.gov/veterans

CareerOneStop provides resources to find career, training, and job search information. They also provide a Veteran and Military Transition Center which functions as a one-stop website for employment, training, and financial help after military service. careeronestop.org

Education Benefits for Service Members, Veterans, and their Families is a page through USA.gov that provides resources on Veteran education benefits and tuition assistance. usa.gov/education-military-Veterans

Institute for Veterans & Military Families (IVMF) through Syracuse University provides a free career training programs that provide professional certification and employee support services to transitioning Service Members, Veterans, and military spouses. ivmf.syracuse.edu

Military Child Education Coalition (MCEC) serves as a model of positive leadership and advocacy for ensuring inclusive, quality educational opportunities for all military- connected children. MCEC's mission is to ensure inclusive, quality educational experiences for all military-connected children affected by mobility, family separation and transition. militarychild.org

Military.com provides Service Members, Veterans, and families with resources relating to military benefits, job searches, and general military life. military.com

Military Officers Association of America (MOAA) is the nation's largest association of military officers. They provide resources on financial programs, health and TRICARE programs, education assistance, and pay and benefit programs. moaa.org

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PsychArmor provides critical resources to Americans so they can effectively engage with and better support military Service Members, Veterans, and their families across our nation. This is an education and cultural resource for employers, caregivers, providers, etc. Includes resources for transitioning Service Members and their families. psycharmor.org

RallyPoint is a social network that connects Service Members and Veterans to provide peer counseling, job placement, and mentorship. rallypoint.com

Student Veterans of America (SVA) is a coalition of student Veteran groups on college campuses across the globe that help Veterans reintegrate into campus life and succeed academically. studentveterans.org

Team Rubicon (TR) unites the skills and experiences of military Veterans with first responders to rapidly deploy emergency response teams. TR pioneered the concept of Veteran-focused disaster response while redefining the meaning of Veteran reintegration into society by engaging hundreds of U.S. military Veterans in finding a renewed sense of purpose. teamrubiconusa.org

U.S. Department of Labor – Veterans lists resources that provide training and employment services to Veterans and returning Service Members with disabilities. Visit dol.gov/agencies/odep and search “Veterans” for more information.

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Grief/Bereavement

Branch-Specific Support Networks provide long-term support to surviving families of deceased service members

Air Force: **Air Force Families Forever Program**

afpc.af.mil/Airman-and-Family/Air-Force-Families-Forever

Army: **Survivor Outreach Services (SOS)** armymwr.com/SOS

Marine Corps: **Long Term Assistance Program**

hqmc.marines.mil/Agencies/Casualty-MFPC/Longterm

Navy: **Navy Gold Star Program** navygoldstar.com

Fallen Patriot Fund provides supplemental financial support to the spouses and children of U.S. military personnel killed or seriously injured in the line of duty.

fallenpatriotfund.org

Tragedy Assistance Program for Survivors (TAPS) is the 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death. TAPS provides comfort and care through comprehensive services and programs including peer-based emotional support, case work assistance, connections to community-based care and grief and trauma resources. 1-800-959-TAPS (8277).

taps.org

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Health Care/Insurance

American Red Cross provides 24/7 global emergency communication services and other support in military and veteran health care facilities across the country and around the world. [redcross.org/military](https://www.redcross.org/military)

Centers for Medicare & Medicaid Services (CMS) offers information about eligibility for benefits, coverage and coordination of services related to Medicare, Medicaid and CHIP (Children’s Health Insurance Program). [cms.gov](https://www.cms.gov)

Civilian Health and Medical Program of the VA (CHAMPVA) is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries. Primary Family Caregivers of eligible post-9/11 Veterans may qualify for this benefit. [va.gov/health-care/family-caregiver-benefits/champva](https://www.va.gov/health-care/family-caregiver-benefits/champva)

The Code of Support Foundation leverages the nation’s full spectrum of resources to ensure all Service Members, Veterans and families receive benefits and support so that they can live full, healthy lives. [codeofsupport.org](https://www.codeofsupport.org)

Connected Health is the branch of the Defense Health Agency that coordinates across the Military Health System to improve health and readiness through technology. [health.mil/connectedhealth](https://www.health.mil/connectedhealth)

Give An Hour is a non-profit organization providing free mental health services to U.S. military personnel and loved ones. The organization offers a range of mental health services to address a variety of needs for those seeking services. It also provides links to a variety of resources for military families. [giveanhour.org](https://www.giveanhour.org)

Health.mil is the official website of the Military Health System. Their website provides information and resources on a wide variety of military health topics including combat support, conditions and treatments, disability, and health readiness. [health.mil](https://www.health.mil)

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Military Officers Association of America (MOAA) is the nation's largest association of military officers. They provide resources on financial programs, health and TRICARE programs, education assistance, and pay and benefit programs. moaa.org

Operation Mend provides advanced surgical and medical treatment, comprehensive psychological evaluation and support, and an intensive treatment program for symptoms related to post-traumatic stress and traumatic brain injury for post-9/11 era Service Members, Veterans, and their families. The program is available at absolutely no cost to the Veterans or Service Members and is available to eligible warriors injured during combat operations or training. uclahealth.org/operationmend/default.cfm

Psychological Health Center of Excellence (PHCoE) serves Service Members and their families needing help with psychological health and traumatic brain injury issues, promoting resilience, recovery, and reintegration. Phone operates a toll-free Resource Center providing the opportunity for anyone with questions about psychological health to speak with a health resource consultant. The center is available 24 hours a day, seven days a week by phone, online chat, or email. All conversations are confidential. 1-866-966-1020 health.mil/PHCoE

Real Warriors Campaign is an initiative launched by the Defense Department's Psychological Health Center of Excellence that links Service Members, Veterans, and their families with care for psychological health concerns. They provide a free and confidential 24/7 chat where individuals can speak directly with a trained psychological health resource consultant. realwarriors.net

TRICARE is the health care program serving Uniformed Service Members, retirees, and their families worldwide. The website contains information concerning eligibility, benefits, and providers. tricare.mil

U.S. Department of Health & Human Services (HHS) works to enhance the health and well-being of Americans by providing for effective health and human. Programs administered by HHS include Centers for Medicare & Medicaid Services, Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDC), NIH and SAMHSA. hhs.gov

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VA My HealtheVet is VA's online personal health record. It was designed for Veterans, active-duty Service Members, their dependents, and caregivers. My HealtheVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care.

myhealth.va.gov

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LGBTQ+

American Civil Liberties Union (ACLU) works in the courts, legislatures, and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the constitution and laws of the United States. By contacting your local ACLU affiliate, you can obtain legal advocacy or advice.

aclu.org/lgbtq

American Veterans for Equal Rights is the oldest volunteer service-based organization providing support for LGBTQ active duty, reserve and Veterans. They provide resources and advocate for military diversity. aver.us

Modern Military Association of America is a resource and support network for LGBTQ Service Members and Veterans. They also provide free, direct legal services for the LGBTQ and HIV+ military and Veteran communities.

modernmilitary.org

SPART*A advocates for actively serving transgender military members, Veterans, and their families. SPART*A provides members with a peer support network, assistance in navigating military transgender policy and health care, and educational resources for their professional development. SPART*A actively coordinates and collaborates with other LGBT advocacy organizations to promote an inclusive military environment that values the contributions of all Americans with the desire to serve. spartapride.org

Trans Lifeline offers direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. They offer a hotline for trans and questioning peers, as well as a Family & Friends hotline. (877) 565-8860

translifeline.org

Transgender Law Center (TLC) protects and advances the rights of transgender and nongender conforming people across the country. They practice in many areas including employment, prison conditions, education, immigration, and healthcare. transgenderlawcenter.org

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The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. thetrevorproject.org

VHA LGBTQ+ Health Program is a program through the VA that helps LGBTQ+ Veterans get the care they need. There is an LGBTQ+ Veteran Care Coordinator at every facility to ensure that Veteran health care is delivered in an affirming and inclusive environment. patientcare.va.gov/LGBT

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Mental Health Organizations

American Foundation for Suicide Prevention (AFSP) is an organization whose mission is to save lives and bring hope to those affected by suicide. AFSP has local chapters in all 50 states with programs and events nationwide. afsp.org

National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. nami.org

National Federation of Families is a nonprofit organization that helps families recognize and cope with mental health needs and substance abuse challenges. They provide resources and information on a variety of topics. fcmh.org

Mental Health America (MHA) provides screening tools, information, and support on a wide variety of mental health conditions. screening.mhanational.org

MentalHealth.org provides basic information about mental health, myths and facts, signs, and symptoms and how to get help. mentalhealth.org

SMI Adviser is a clinical support system for serious mental illness that focuses on three mental health conditions that are commonly associated with SMI: Bipolar Disorder, Major Depressive Disorder, and Schizophrenia. They offer education, tools, data, and consultations from national experts in many disciplines. smiadviser.org

Stack Up helps U.S. and Allied military Service Members get through deployments to combat zones and recover from traumatic physical and emotional injuries by connecting through video games. They also provide round-the-clock access to a team of trained and certified crisis management volunteers. stackup.org

Substance Abuse and Mental Health Services Administration (SAMHSA) leads public health efforts to advance the behavioral health of the nation. They provide information and resources on finding treatment referrals and facilities for substance abuse, addiction, and mental illness. samhsa.gov

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PTSD/Traumatic Brain Injury (TBI)/Polytrauma

Brainline provides information and resources for PTSD and TBI. brainline.org

Brain Injury Association of America provides information and resources for people living with traumatic brain injury or affected by it, including family members and caregivers. biausa.org

Center for the Study of Traumatic Stress (CSTS) conducts research, education, consultation, and training on preparing for and responding to the psychological effects and health consequences of traumatic events, including the development of military health fact sheets to improve the well-being of deployed Service Members and their families. cstsonline.org

Christopher and Dana Reeve Paralysis Research Center provides information and resources for people living with paralysis or affected by it, including family members and caregivers. Free paralysis resource guide in Spanish and English, newsletters, and online networking. christopherreeve.org

Home Base is dedicated to healing the invisible wounds (TBI, PTS, and related conditions) for Veterans of all eras, Service Members, and families. homebase.org

Lone Survivor Foundation offers no-cost programs for Veterans and families dealing with PTSD, TBI and chronic pain. lonesurvivorfoundation.org

National Intrepid Center of Excellence (NICoE) works to improve the lives of patients and families impacted by traumatic brain injury (TBI). They provide an intensive outpatient program as well as other outpatient services to those impacted by TBI of all severities. walterreed.tricare.mil/NICoE

REBOOT Recovery is a faith-based education course that focuses on healing trauma, for Veterans, active duty and families. rebootrecovery.com/military

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Traumatic Brain Injury Center of Excellence (TBICoE) promotes state-of-the-science care from point-of-injury to reintegration for Service Members, Veterans, and their families to prevent and mitigate consequences of mild to severe TBI. TBICoE supports, trains, and monitors Service Members, Veterans, family members, and providers who have been, or care for those who are affected by traumatic brain injury. health.mil/TBICoE

VA National Center for PTSD aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD. The website provides links to resources for Veterans, the general public, health care providers, and researchers. ptsd.va.gov

VA Polytrauma/TBI System of Care is an integrated network of specialized rehabilitation programs dedicated to serving Veterans and Service Members with both combat and civilian related TBI and polytrauma. polytrauma.va.gov

VA Vet Centers (Readjustment Counseling) helps Veterans, active-duty Service Members, including National Guard and Reserve components, and their families. Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. vetcenter.va.gov

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Sexual/Domestic Assault

Battered Women’s Justice Project provides a national resource center for civil and criminal justice responses to intimate partner violence. Offers consultations, advocacy, community assessments, training and education for victims and advocates. bwjp.org

DoD Domestic Abuse Victim Assistance Directory and 24/7 Hotline Information connects individual to local Family Advocacy Program offices, which work to prevent domestic abuse, child abuse and neglect by providing education and awareness programs for all members of the military community. The locator also provides state and local 24/7 hotline information. Visit militaryonesource.mil and search “victim assistance”

Intimate Partner Violence Assistance Program (IPVAP) is committed to helping Veterans, their partners, and VA staff who are impacted by IPV. socialwork.va.gov/IPV

National Domestic Violence Hotline is a 24/7 confidential resource hotline that provides emotional support, local resources, and safety plans for those who are in domestic violence situation or their loved ones. (800) 799-7233 thehotline.org

RAINN (Rape, Abuse & Incest National Network) provides a national hotline for survivors of sexual assault and their loved ones. Provides connection to local sexual assault programs, safety planning, and self-care, online chat also available. (800) 656-4673 rainn.org

Safe Helpline is the DoD’s sole hotline for members of the DoD community affected by sexual assault. Safe Helpline is a completely anonymous, confidential, 24/7 service that provides support and resources by phone, online chat, or through their peer-to-peer Safe HelpRoom. (877-995-5247) safehelpline.org

VAWnet is an online resource library on gender-based violence started by the National Resource Center on Domestic Violence. vawnet.org/sc/sexual-violence-military-0

1in6 provides support for men experiencing sexual abuse or assault. They offer information, resources, a 24/7 chat, and online support groups. 1in6.org

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Veterans

U.S. Department of Veterans Affairs (VA) provides a wide variety of resources to support our nation's Veterans. va.gov

American Veterans (AMVETS) provides Veterans and communities with a variety of services and programs including helping file VA claims, scholarships, and reintegrating warriors. amvets.org

America's VetDogs provides service dogs to Veterans, active-duty Service Members, or first responders who are living with disability caused by PTSD. (866) 838-3647 vetdogs.org

The Battle Within offers free 5-day retreats, family support, education, and events to support Veterans healing from trauma. thebattlewithin.org

Blinded Veterans Association provides resources and support for blinded Veterans and their families, including field representatives (who are themselves blinded Veterans) who provide counseling and encouragement, volunteers who work in VA medical centers and outpatient clinics, and scholarships for spouses and dependents of blinded Veterans. bva.org

Bob Woodruff Foundation is committed to meeting Veteran needs over time. They provide support to Veterans and family members looking for initiatives or assistance. bobwoodrufffoundation.org

Coalition to Salute America's Heroes helps ease the financial burdens of Veterans who have an injury sustained during combat in OIF, OEF, or OND. Apply for assistance by telephone or by completing an online application. saluteheroes.org

Community Living Center (VA Nursing Homes) provide 24-hour skilled nursing care, restorative care, access to social work services, and geriatric evaluation and management. Some Community Living Centers also provide other services. va.gov/geriatrics/pages/VA_Community_Living_Centers.asp

Disabled American Veterans (DAV) provides advocacy and programs for disabled Veterans. dav.org

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Homes for Our Troops is a nonprofit organization committed to helping severely injured post-9/11 Veterans. They help by raising donations of money, building materials and professional labor and by coordinating the process of building a new home or adapting an existing home for handicapped accessibility. hfotusa.org/

HopeWay's Veterans Program offers evidence-based treatment for Veterans struggling with PTSD and other mental health challenges through individual psychiatric and therapeutic care, group therapy, and a variety of integrative therapies in a Residential setting. hopeway.org/programs/veterans-program

Iraq and Afghanistan Veterans of America (IAVA) strives to connect and empower post-9/11 Veterans. Their 6 priority issues that they focus on include combatting suicide, burn pits & toxic exposure, modernizing the VA, women Veterans, alternative therapies, and education benefits. iava.org

Justice For Vets is a professional services division of the National Association of Drug Court professionals that believes that no Veteran or military Service Member should suffer from gaps in service or the judicial system when they return to their communities. As the stewards of the Veterans Treatment Court movement, they keep Veterans out of jail and connect them to the benefits and treatment they have earned. justiceforvets.org

K9s For Warriors provides service dogs for Veterans suffering from PTSD/TBI/MST, free to the Veteran. k9sforwarriors.org

Make the Connection is a public awareness campaign by the VA that provides personal testimonials and resources to help Veterans discover ways to improve their lives. Make the Connection is an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to the issues affecting their lives. maketheconnection.net

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The Mission Continues empowers Veterans facing the challenge of adjusting to life at home to find new missions. They redeploy Veterans in their communities, so that their shared legacy will be one of action and service. Through the Mission Continues, Veterans serve their country in new ways by engaging in our innovative and action-oriented community service programs. missioncontinues.org

National Veterans Foundation Lifeline for Vets serves the crisis management, information, and referral needs of all U.S Veterans and their families. nvf.org

National Veteran Resources has a comprehensive resource listing, searchable by state and offers programs and chatlines for veterans and their families. nationalveteranresources.com

Operation FINALLY HOME is a national, non-profit organization with a unique network of experienced builders, suppliers and supporters dedicated to building homes for wounded, ill, or injured Veterans, surviving spouses, and their families. They bring together homebuilders, the military, and communities to build custom mortgage-free homes for our heroes, providing a strong foundation to help them move forward with their lives. operationfinallyhome.org

Operation First Response serves all branches of our nation's Wounded Heroes/Disabled Veterans and their families with personal and financial needs. Services are provided from the onset of injuries or illness, throughout their recovery period and along their journey from military life to the civilian world. operationfirstresponse.org

Paralyzed Veterans of America (PVA) is an advocacy organization for Veterans with spinal cord injuries that offers information and free or low-cost publications on aspects of living with spinal cord injuries. pva.org

PBS – Veterans provides resources for veterans as well as shows and films depicting personal accounts and historical recreations of service over the decades. pbs.org/veterans

RAND Corporation – Veterans offers resources regarding health and well-being, education, employment, and family support. rand.org/veterans

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Semper Fi & America's Fund provides urgently needed resources and support for combat wounded, critically ill, and catastrophically injured members of the Armed Forces and their families. semperfifund.org

Soldiers' Angels is a network of volunteers providing aid, support and resources for military, Veterans, and their families. soldiersangels.org

Supportive Services for Veteran Families (SSVF) helps qualifying veterans and their families gain access to resources for successful transition to or to maintain permanent housing. ssvfonline.org

Team Red, White, and Blue (Team RWB) delivers local opportunities for Veterans and the community to connect through physical and social activity. They host regular fitness activities, social gatherings, and participate in local races and events together. Veterans can also develop their leadership skills by serving as a volunteer leader in their local chapter. teamrwb.org

USA Cares provides post-9/11 military veterans, Service Members and their families with emergency financial assistance and post-service skills training to create a foundation for long-term stability. usacares.org

VA Caregiver Support Program provides resources and support for family caregivers. They have a Support Line for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. They provide information on caregiver support services, counseling, educational services, and referrals to local Caregiver Support Program staff at VA medical centers. VA's Caregiver Support Line 1-855- 260-3274 is toll-free Monday through Friday 0800-2200 ET, Saturday 0800-1700 ET. caregiver.va.gov

VA Mental Health Care provides mental health resources for our nation's Veterans. Topics include PTSD, homelessness, substance abuse and Veterans at work. mentalhealth.va.gov

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VA MIRECC/CoE Coaching Into Care is a national VA telephone-based service that provides consultation services for family members who would like to help a Veteran seek mental health care in a VA treatment facility or Vet Center. Coaching Into Care can help Veterans find the right resource, treatment facility or Vet Center that they need. There is no cost to the caller or the Veteran. The Coaching Into Care service is developed, funded and operated by VA. mirecc.va.gov/coaching

VA Moving Forward is a free online educational and life coaching program that teaches problem solving skills to help you to better handle life's challenges. Designed to be especially helpful for Veterans, Service Members, and their families, Moving Forward teaches skills that can be useful to anyone with stressful problems. veterantraining.va.gov/movingforward

VA My HealtheVet is VA's online personal health record. It was designed for Veterans, active-duty Service Members, their dependents, and caregivers. My HealtheVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care. myhealth.va.gov

VA National Call Center for Homeless Veterans hotline ensures that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state, and local partners, community agencies, service providers and others in the community. 1-877-4AID VET (877-424-3838). va.gov/HOMELESS/NationalCallCenter.asp

VA Psychosocial Rehabilitation and Recovery Center (PRRC) is an outpatient multidisciplinary treatment program that provides mental health services for Veterans while they are recovering from a serious mental illness. va.gov and search for PRRC.

VA Transition and Care Management (OEF/OIF) provides information concerning benefits for individuals recently returning from military services. oefoif.va.gov

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VA Women Veterans Health Care provides information on health care services available to female Veterans, including comprehensive primary care as well as specialty care such as reproductive services, rehabilitation, mental health, and treatment for military sexual trauma. The VA Facility Locator can help female Veterans locate their nearest VA Medical Center. publichealth.va.gov/womenshealth

Veterans Crisis Line is a free, confidential, 24/7 hotline and online chat available to Service Members and Veterans of all branches of the military and their loved ones in suicidal crisis or emotional distress. 1-800-273-TALK (800-273-8255), press “1”. veteranscrisisline.net

Veterans Families United offers a directory of hundreds of resources, searchable by state and need. Comprehensive database of information and resources for veterans and families. veteransfamiliesunited.org

Veterans of Foreign Wars (VFW) is a nonprofit Veterans service organization that provides financial assistance in the form of grants as well as advocacy, mental health assistance, and community support. vfw.org

Vets4Warriors is a 24/7 peer-to-peer support network created for members of the military and Veteran communities. vets4warriors.com

Vietnam Veterans of America (VVA) promotes and supports the full range of issues important to Vietnam Veterans, to create a new identity for this generation of Veterans and to change public perception of Vietnam Veterans. vva.org

Wounded Warrior Project offers programs for Wounded Warriors who incurred a physical or mental injury, illness, or wound co-incident to their military service on or after 9/11. Family members and caregivers of Wounded Warriors may also be eligible for programs. woundedwarriorproject.org

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Helpful Books and Publications

Articles

ADA: Know Your Rights – Returning Service Members with Disabilities by U.S. Department of Justice, Civil Rights Division, 2010

Coaching Into Care: Veterans Affairs Telephone-Based Service for Concerned Family Members of Military Veterans by Steven L. Sayers, Tanya H. Hess, Perry Whitted, Kristy A. Straights-Troster, Shirley M. Glynn, 2020

Female U.S. Military Veterans’ (Non)Disclosure of Mental Health Issues with Family and Friends: Privacy Rules and Boundary Management by Steven R. Wilson, Elizabeth A. Hintz, Shelley M. MacDermid Wadsworth, David B. Topp, Kenona H. Southwell, Michele Spont, 2019

Parity for Patriots: The Mental Health Needs of Military Personnel, Veterans, and Their Families by NAMI, 2012

Stigma and Mental Health Service Utilization in Military Personnel: A Review of the Literature by Lito E. Michalopoulou, Janet A. Welsh, Daniel F. Perkins, LaJuana Ormsby, 2017

Supporting Veterans in Racial-Ethnic Minority Groups During Times of Social Unrest by James G. Miller, 2021

Veteran Affairs and the Department of Defense Mental Health Apps: A Systematic Literature Review by Christine E. Gould, Brian C. Kok, Vanessa K. Ma, Aimee Marie L. Zapata, Jason E. Owens, Eric Kuhn, 2019

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Books

The Day After He Left for Iraq: A Story of Love, Family and Reunion by Melissa Seligman, 2014

Everyone Serves: A Handbook for Family & Friends of Service Members by NBC Publishing, Blue Star Families, and Vulcan Productions, 2013

Hope in the Shadows of War (Novel) by Thomas Paul Reiley, 2018

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment – 20th Anniversary Edition by Xavier Amador, 2020

The Inside Battle: Our Military Mental Health Crisis by Marjorie Morrison, 2012

Let Not Your Heart Be Troubled: This Too Shall Pass by Ruth W. Sanders, 2003

Love Our Vets: Restoring Hope for Families of Veterans with PTSD: 2nd Edition by Welby O'Brien, 2015

Military Mental Health Care: A Guide for Service Members, Veterans, Families, and Community (Military Life) by Cheryl Lawhorne-Scott, Don Philpott, and Sgt. Major Bryan Battaglia, 2012

Once a Warrior Always a Warrior: Navigating the Transition from Combat to Home Including Combat Stress, PTSD, and mTBI by Charles Hoge, 2010

Soldier Girls: The Battles of Three Women at Home and at War by Helen Thorpe, 2015

What it is Like to Go to War by Karl Marlantes, 2011