



## Resources on Mental Health and Suicide Prevention for Veterans

All listed resources are available at no charge unless noted.

Organized by: *Crisis Response; National Resources; State Resources; Trainings; Resources for Clinicians; Veterans and Families; Student Veterans*

### CRISIS RESPONSE

**Veterans Crisis Line (also known as the Military Crisis Line).** A 24/7 national crisis line accessible via telephone, text or online chat, offering free confidential support to Veterans, service members and their loved ones. They do not have to be registered with the VA or enrolled in VA health care. Support for deaf and hard of hearing individuals is available. Responders are specially trained in helping Veterans. **1-800-273-8255 and press 1** <http://www.VeteransCrisisLine.net>

**Facebook and suicide prevention.** This slide presentation describes how family and friends of service members and Veterans can connect to the Veterans Crisis Line through Facebook. <http://www.slideshare.net/USArmySocialMedia/social-media-roundup-facebook-and-suicide-prevention>

### NATIONAL RESOURCES

**Army OneSource.** Provides a network of service to support active, reserve and Army National Guard soldiers and their families, regardless of location. Services are offered at installations, Army Reserve Centers and through community partnerships. <http://www.myarmyonesource.com/default.aspx>

**Citizen Soldier Support Program.** This program connects military and community service systems to increase the readiness and resiliency of reserve members and their families. It operates a database to help Veterans and family members find local civilian health providers who understand their issues. <http://www.warwithin.org>

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.** Includes current and archived webinars: [http://www.dcoe.mil/Training/Monthly\\_Webinars/Archive.aspx](http://www.dcoe.mil/Training/Monthly_Webinars/Archive.aspx) as well as a section on suicide prevention with videos and links to additional resources: [http://www.dcoe.mil/PsychologicalHealth/Suicide\\_Prevention.aspx](http://www.dcoe.mil/PsychologicalHealth/Suicide_Prevention.aspx)

**D-Stress Line.** Provides peer support for all Marines, whether regular, reserve, Veteran or retiree, attached sailors, and their families via anonymous 24 hour counseling with clinician back-up. 1-877-476-7734 or via live chat. <http://www.dstressline.com/>

**inTransition.** A free, voluntary program with coaches who provide psychological health care support to service members, veterans and their health care providers during times of transition. Materials can be ordered in English and Spanish at no cost. 1-800-424-4685 <http://intransition.dcoe.mil>

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**Make the Connection.** A public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials of recovery and resources to help Veterans, family members, and their friends discover ways to improve their lives. <http://maketheconnection.net/>

**Military One Source.** A “one-stop” website for answers to military life questions. Includes information on deployment and transition from the military; family and relationships; education; employment; on and off base living; financial; legal; health and wellness. <http://www.militaryonesource.mil/>

**National Call Center for Homeless Veterans.** A hotline to assist homeless Veterans and their families, service providers and others in the community. It is free, confidential, available 24/7 and staffed with trained VA counselors. Online chat also available. 1-877-424-3838 (4-AID-VET) A resource guide can be downloaded from <http://www.va.gov/HOMELESS/NationalCallCenter.asp>

**Real Warriors.** A website with information for Veterans, active duty, National Guard and Reserve, family members, and health care providers. Includes videos, personal stories, podcasts, and materials to download or order for free. A Real Warriors App is available. <http://www.realwarriors.net>

**NAMI Veterans and Military Resource Center.** A basic description of mental health concerns, how to ask for treatment and how to transition to civilian life. Links to resources for Veterans and active duty military, families, friends, and advocates. <http://www.nami.org/Find-Support/Veterans-and-Active-Duty>

**TAPS: Tragedy Assistance Program for Survivors.** Provides support for families and loved ones who have lost someone who was in the military service. 1-800-959-8277 (TAPS) <http://www.taps.org/>

**The Soldiers Project.** Connects current and former service members from the Iraq and Afghanistan wars, and their families and loved ones, to free, confidential therapy by licensed mental health professionals. This project has a Sacramento branch. 877-576-5343 <http://thesoldiersproject.org>

**U.S. Department of Veterans Affairs Mental Health.** This section of the Department’s comprehensive website contains information on self-help, finding help, and on anxiety, bipolar, depression, military sexual trauma, PTSD, schizophrenia, substance use and suicide prevention. <http://www.mentalhealth.va.gov/>

**VA National Center for PTSD.** Conducts research and provides education on the prevention, understanding and treatment of trauma and PTSD. Short whiteboard videos help explain PTSD. <http://www.ptsd.va.gov/>

**Vets4Warriors.** A nonprofit organization that offers confidential 24/7 peer support via chat, email or phone for combat Veterans and their families. Call-backs on request by Veterans who served in the same war/combat as the caller. 1-855-838-8255 (VET-TALK) [www.vets4warriors.com](http://www.vets4warriors.com)

**VetChange.** A free, confidential web program to help veterans take control of their drinking and learn to manage PTSD symptoms without using alcohol. <http://www.vetchange.org>

**Wounded Warrior Project** A nonprofit organization that provides programs and services to severely injured service members during the time between active duty and transition to civilian life. <http://www.woundedwarriorproject.org/>

### **CALIFORNIA SPECIFIC RESOURCES**

**California Association of County Veterans Service Officers** advocate and connect veterans regardless of the type of service or discharge. They also serve veterans' dependents and survivors. Their page also links to other state veterans organizations, such as VFW, American Legion and CalVet. 844-737-8838 (SERV-VET) <http://www.cacvso.org>

**California Department of Veterans Affairs.** A hub to learn about federal and state education, employment, healthcare, housing, and claims benefits. 800-952-5626 <https://www.calvet.ca.gov/>

Each VA medical center has a **suicide prevention coordinator**. You can find them and their contact information by searching for California at <http://maketheconnection.net/resources>

Find the 31 **Vet Centers** in California at this link:  
<http://www.va.gov/directory/guide/state.asp?dnum=ALL&STATE=CA>  
and the VA **hospitals and outpatient clinics** here:  
<http://www.va.gov/directory/guide/region.asp?ID=1021>

**Each Mind Matters** has personal story videos by veterans and family members [http://www.eachmindmatters.org/stories/?story\\_category=military-stories&story\\_tag=military-experience&story\\_type=video](http://www.eachmindmatters.org/stories/?story_category=military-stories&story_tag=military-experience&story_type=video) and a fact sheet available at <http://www.eachmindmatters.org/wp-content/uploads/2015/02/EMM-Fact-Sheet-Veterans.pdf>

### **TRAININGS**

**Family of Heroes: Training for Family Members of Veterans.** A one-hour, online, interactive gatekeeper training simulation that teaches family members of Veterans how to identify signs of post-deployment stress, approach Veterans to discuss their concern, and make a referral to a mental health support service. Price varies depending on the number and length of the licenses. [www.kognito.com](http://www.kognito.com)

**Mental Health First Aid for Veterans.** This module of MHFA is designed for military members, Veterans and their families and includes a discussion of military culture, specific risk factors faced by service members and their families, and a review of resources. <http://www.mentalhealthfirstaid.org/cs/veterans-military>

**Operation S.A.V.E.** A one- to two-hour gatekeeper training program provided by VA suicide prevention coordinators to Veterans and those who serve Veterans. Optional role-playing exercises

are included. Available from the VA at no charge. Contact: National Mental Health Program Director, Suicide Prevention Department of Veterans Affairs, 400 Fort Hill Avenue, Canandaigua, NY 14424

**Treating the Invisible Wounds of War.** Eight free online courses on treatment, primary care, women's issues, TBI, and more. One course is also available in Spanish.

<http://www.aheconnect.com/citizensoldier/courses.asp>

**US Military Matters.** A website offering free webinars and resources for mental health providers, National Guard and Reserve members, and their families. Operated by the American Association of Suicidology. Topics include PTSD, TBI, sleep problems, suicide, substance abuse, and more. CEs are provided. <http://www.usmilitarymatters.org>

### **RESOURCES FOR CLINICIANS**

**Community Provider Toolkit.** This site is for clinicians and features key tools to support them in providing mental health services to Veterans outside the VA health care system. It features information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions.

<http://www.mentalhealth.va.gov/communityproviders/>

**From the War Zone to the Home Front: Supporting the Mental Health of Veterans and Families.** (Online Course) The Home Base Program, in collaboration with the Department of Veteran Affairs' National Center for PTSD, provides over 20 free, CME-certified educational series to assist community clinicians recognize and respond to the challenges faced by Iraq and Afghanistan Veterans and their families. [http://mghcme.org/page/from\\_the\\_war\\_zone\\_to\\_the\\_home\\_front](http://mghcme.org/page/from_the_war_zone_to_the_home_front)

**PE Coach Mobile App.** Prolonged Exposure (PE) is an evidence-based psychotherapy to help decrease distress about trauma. This mobile app is for patients to use with their therapist during PE therapy for PTSD. [http://www.ptsd.va.gov/public/materials/apps/pecoach\\_mobileapp-public.asp](http://www.ptsd.va.gov/public/materials/apps/pecoach_mobileapp-public.asp)

**PTSD Coach: Self-Help and Coping for Clients.** PTSD Coach is a web-based self-help resource. Created by VA and DoD, it encourages users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD).

<http://www.ptsd.va.gov/public/treatment/cope/index.asp>

**Safety Plan Treatment Manual to Reduce Suicide Risk: Veteran Version.** A 20-page *Treatment Manual* provides instructions for developing a safety plan for Veterans who are at risk for suicide. A corresponding *Safety Plan Quick Guide for Clinicians* pocket card is also available. Contact: National Mental Health Program Director, Suicide Prevention Department of Veterans Affairs, 400 Fort Hill Avenue, Canandaigua, NY 14424; 585-393-7939;

**Suicide Facts for Primary Care Providers Helping Service Members and Families Overcome Barriers to Care.** A two-page fact sheet from the Uniformed Services University of the Health

Sciences. [http://www.dcoe.mil/include/exitwarning.aspx?link=http://www.cstsonline.org/wp-content/resources/CTC Suicide Facts For Primary Care Providers.pdf](http://www.dcoe.mil/include/exitwarning.aspx?link=http://www.cstsonline.org/wp-content/resources/CTC_Suicide_Facts_For_Primary_Care_Providers.pdf)

**Suicide Risk Assessment Guide.** This handy guide was developed to assist clinicians in all areas, but especially in primary care and the emergency room/triage area. The Guide can assist clinicians in making assessments and care decisions regarding Veterans who present with suicidal ideation or provide reason to believe that there is cause for concern.

<http://www.mentalhealth.va.gov/docs/VA029AssessmentGuide.pdf>

## **STUDENT VETERANS**

**Half of Us.** Brief descriptions and links to resources for veteran college students, information to help the Veteran, family, friends and fellow students. <http://www.halfofus.com/situation/veteran-issues/>

**Supporting Student Veterans.** The CalMHSA-funded Student Mental Health Program offered training and technical assistance for California Community Colleges. This face sheet links to numerous resources.

[http://www.ccstudentmentalhealth.org/docs/CCCSMHP\\_VeteransFactSheet.pdf](http://www.ccstudentmentalhealth.org/docs/CCCSMHP_VeteransFactSheet.pdf)

**Understanding and Supporting the Emotional Health of Student Veterans.** A training tool that helps campus health professionals understand the student Veteran perspective, engage with them on campus, and provide resources and support.

<http://www.jedfoundation.org/professionals/programs-and-research/helping-our-student-veterans-succeed>

**VA Campus Toolkit.** A toolkit for faculty, staff, and administrators to support student Veterans. Includes resources to help conduct presentations with student Veterans. Also has a section for understanding Veterans benefits on campus.

<http://www.mentalhealth.va.gov/studentveteran/index.asp>

**Veterans on Campus for Faculty and Staff.** A 30-minute, online, interactive training in which users engage in simulated experiences that address common challenges affecting student Veterans' ability to succeed in an academic setting. Cost varies by number and length of licenses.

[www.kognito.com](http://www.kognito.com)

## **VETERANS and FAMILIES**

**Coming Home: Supporting Military Service Members, Veterans, and Their Families.** This webinar from 2012 describes challenges facing military personnel, Veterans, and their families, mental health and substance abuse support available from Veterans Affairs and civilian health systems, and highlights the need to expand family-centered services. Available to download only.

<http://store.samhsa.gov/product/SMA12-4677DVD>

**FOCUS: Family Resilience Training for Military Families.** Families OverComing Under Stress provides resiliency training to military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems, and to create a shared family story. Provides services for children and families based at 5 California installations. <http://www.focusproject.org/>

**Guide to VA Mental Health Services for Veterans & Families.** A brochure with information about the types of treatments available for the most common mental health problems of Veterans (such as depression, substance abuse, and PTSD) and describes programs offered for particular groups of Veterans (such as women, homeless or older veterans). [http://www.mirecc.va.gov/VISN16/docs/Guide to VA Mental Health Srvcs FINAL12-20-10.pdf](http://www.mirecc.va.gov/VISN16/docs/Guide_to_VA_Mental_Health_Srvcs_FINAL12-20-10.pdf)

**Recovery and the Military: Treating Veterans and Their Families.** This 2006 webcast explores alcohol and drug addiction among Veterans, PTSD and other contributing stressors, and the effect of addiction on families. It discusses addiction treatment and options available to Veterans and their families. <http://store.samhsa.gov/product/DVD251>

**Veterans Health Administration Office of Rural Health.** The Office of Rural Health offers information, training, and publications on specific issues common to serving Veterans living in rural areas. <http://www.ruralhealth.va.gov>