

General Resources

NAMI Homefront

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Department of Defense Resources

U.S. Department of Defense has a wide variety of resources available to support the resiliency and recovery of all Service Members.

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.

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.

www.deploymentpsych.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.

www.centerforthestudyoftraumaticstress.org

Child and Family Program (CFP) conducts research to advance scientific knowledge and clinical interventions that address the needs of children and families affected by trauma, especially military children and families. Focuses on the impact of war including deployment stress, parenting and family function, and the impact of war injuries on military families. Provides education and consultation to the military healthcare system and its leadership, national media outlets, professional organizations, and projects dedicated to helping families and children affected by traumatic events, especially the military child.

www.couragetotalk.org/index.php

Defense and Veterans Brain Injury Center (DVBIC) serves active duty military, their family members and Veterans with traumatic brain injury through state-of-the-art medical care, innovative clinical research initiatives and educational programs.

www.dvbic.org

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) serves Service Members and their families needing help with psychological health and traumatic brain injury issues, promoting resilience, recovery and reintegration. DCoE operates a toll-free Outreach Center providing the opportunity for anyone with questions about psychological health or TBI to speak with a health

resource consultant. The Outreach Center is available 24 hours a day, seven days a week. All conversations are confidential. 1-866-966-1020

www.dcoe.health.mil

Deployment Health and Family Readiness Library provides Service Members, families, leaders, Health Care providers, and Veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service Member and their family.

<http://deploymenthealthlibrary.fhp.osd.mil/Home>

Deployment Health Clinical Center's (DHCC) mission is to improve post-deployment health care for military personnel and their families by providing expert, caring assistance and medical advocacy, while simultaneously serving as a catalyst and resource center for the continuous improvement of deployment-related health care across the military health care system.

www.pdhealth.mil

National Center for Telehealth & Technology (T2) researches, develops, evaluates and deploys new and existing technologies for psychological health and traumatic brain injury across the Department of Defense (DoD). T2 is the principal DoD coordinator in the areas of innovative technology applications, suicide surveillance and prevention, online behavioral health tools and telepsychological health.

www.t2health.org

National Intrepid Center of Excellence (NICoE) conducts research, tests new protocols and provides comprehensive training, education and ongoing telehealth follow-up care. It is dedicated to advanced research, diagnosis and treatment planning for military personnel and their caregivers dealing with psychological health and TBI issues.

www.dcoe.health.mil

inTransition: Have you received new orders? Are you looking at an upcoming change in status, relocation or return to civilian life? If so, and if you are currently receiving mental health care, transferring to a new provider can be easy. Contact inTransition for a personal coach who will support you as you move between health care systems or providers.

www.health.mil/InTransition

Military HOMEFRONT 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.

www.militaryhomefront.dod.mil

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.

www.militaryonesource.com

Family Advocacy Program (FAP) works to prevent domestic abuse, child abuse and neglect by providing education and awareness programs for all members of the military community.

National Resource Directory is for wounded, ill and injured Service Members, Veterans, their families and those who support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Visitors can find information on a variety of topics including benefits and compensation, education and training, employment, family and caregiver support, health, homeless assistance, housing, transportation and travel and other services and resources.

www.nationalresourcedirectory.gov

PDHealth.mil assists clinicians in the delivery of post-deployment healthcare by fostering a trusting partnership between military men and women, Veterans, their families, and their healthcare providers to ensure the highest quality care for those who make sacrifices in the world's most hazardous workplace.

www.pdhealth.mil

Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning Service Members, Veterans and their families.

www.realwarriors.net

Real Warriors Live Chat—A Real Voice with Real Answers 24/7 offers trained health resource consultants ready to talk, listen and provide guidance and resources. Real Warriors Live Chat is sponsored by the Defense Centers of Excellence Outreach Center for Psychological Health & Traumatic Brain Injury. 866-966-1020

www.realwarriors.net/livechat

Safe Helpline (Sexual Assault Support for the DoD Community) is sponsored by the DoD and provides confidential crisis intervention, support and information to members of the DoD community who have been sexually assaulted. The Telephone Helpline can

assist you if you've recently experienced an assault or if it occurred long ago. Safe Helpline staff will listen to your needs and concerns and discuss your long and short-term safety, resources and options. Trained staff will be there to support you and let you know that you are not alone. The Telephone Helpline is available 24-hours a day, 7-days a week, worldwide: The phone number is the same inside the U.S. or via the Defense Switched Network (DSN): 877-995-5247. DSN users can dial US toll-free numbers by simply dialing 94 + the 10-digit toll-free number. For those unable to call toll-free or DSN, call 202-540-5962.

www.safehelpline.org

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

www.tricare.mil

USA4 Military Families initiative seeks to engage and educate state policymakers, not-for-profit associations, concerned business interests, and other state leaders about the needs of military members and their families. Key issues include promoting Veteran treatment courts, licensure/academic credit for military experience, and assigned identifiers for military children in education data systems.

<http://www.usa4militaryfamilies.dod.mil>

Warrior Gateway Program promotes easier reintegration into home communities. It establishes a single capability that serves as a trusted, reliable and free resource for members of the military community to quickly locate service organizations that satisfy their needs, identify academic programs they are interested in and easily find employers seeking their valuable skills, while enabling improvements in the service provider sector through metrics and collaboration.

www.warriorgateway.org

Wounded Warrior Resource Center provides wounded Service Members, their families and caregivers with information on military facilities, healthcare services and benefits.

www.woundedwarriorresourcecenter.com

Air Force Resources

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.

www.af.mil

Air Force Community works collaboratively to build stronger communities within the Air Force. The website provides resources relating to child education, employment, personal and work life, finances, readiness, relocation and transitions.

www.afcommunity.af.mil

Air Force Wounded Warrior program provides and facilitates assistance to airmen 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.

www.woundedwarrior.af.mil

Wingman Project provides training, awareness and outreach to teach warfighters and their families how to identify symptoms of impending suicide and then how to intervene to save a life. The multimedia website provides geography-specific tools, resources and communities.

www.wingmanproject.org

Army Resources

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.

www.army.mil

Army Behavioral Health is an official website of the U.S. Army providing post-deployment and transition resources for soldiers, families and friends.

www.behavioralhealth.army.mil

Army 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.

www.armyfrg.org

Army OneSource provides access to all family programs and services regardless of geographical location or branch of service. This delivery system harnesses the resources that are already in place, using personal contact and technology to improve on the delivery of service so that families get support closest to where they live.

www.myarmyonesource.com

Army Suicide Prevention: This multimedia website is the official U.S. Army suicide prevention resource.

www.armyg1.army.mil/hr/suicide

Army Wounded Warrior Program is the official U.S. Army program that assists and advocates for severely wounded, ill and injured soldiers, Veterans and their families. Army Wounded Warrior Program Advocates assist wounded soldiers and their families with benefit information, education opportunities, lifetime assistance, career guidance, financial audits, local resources, COAD/COAR support, government agency coordination and MEB/PEB guidance.

www.aw2.army.mil

Comprehensive Soldier Fitness is a training program aimed to equip soldiers, family members and Army civilians to face the physical and psychological challenges of sustained operations. The program focuses on the five dimensions of strength: physical, emotional, social, family and spiritual.

www.army.mil/csf/index.html

Hooah 4 Health is a U.S. Army health promotion and wellness website. Unlike other health related websites, this one is specially targeted for the Reserve Components. Citizen Soldiers juggle many different balls every day, but they cannot afford to drop the one ball that allows them to live a healthier, less stressful life. Hooah 4 Health is a health promotion partnership that allows individuals to assume the responsibility to explore options and take charge of their health and well-being.

www.hooah4health.com

Resilience Training is strength-based, positive psychology training program designed to strengthen warrior behavioral health. The website features training materials and information for soldiers, leaders, spouses, families and behavioral health providers.

www.resilience.army.mil

Coast Guard Resources

The Department of Homeland Security has a mission to secure the nation from the many threats we face. This requires the dedication of more than 240,000 employees in jobs that range from aviation and border security to emergency response, from cybersecurity analyst to chemical facility inspector. Our duties are wide-ranging, but our goal is clear—keeping America safe. Among the 22 federal departments and agencies integrated into Homeland Security are 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.

<http://www.dhs.gov/>

The U.S. Coast Guard

Since 1790 the Coast Guard has safeguarded our Nation's maritime interests and environment around the world. The Coast Guard is an adaptable, responsive military force of maritime professionals whose broad legal authorities, capable assets, geographic diversity and expansive partnerships provide a persistent presence along our rivers, in the ports, littoral regions and on the high seas. Coast Guard presence and impact is local, regional, national and international. These attributes make the Coast Guard a unique instrument of maritime safety, security and environmental stewardship. The U.S. Coast Guard is one of the five armed forces of the United States and the only military organization within the Department of Homeland Security.

<http://www.uscg.mil/>

Suicide Prevention Program is a part of the U.S. Coast Guard Office of Work-Life Programs and applies to all Coast Guard active duty and reserve personnel and

appropriated civilian and non-appropriated fund employees and their families. It also applies to other Uniformed Services Members and their families while either serving with the Coast Guard or using Coast Guard facilities. Emergency suicide crisis services may also be accessed 24 hours a day, seven days a week via the CG SUPRT Program toll free number 855-CGSUPRT (855-247-8778).
http://www.uscg.mil/worklife/suicide_prevention.asp

Marine Corps Resources

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

Combat Stress Operational Control encompasses all policies and programs to prevent, identify and treat mental injuries caused by combat or other operations. The website features a tool box with a variety of resources for leaders, Service Members and families.
www.usmc-mccs.org/cosc

Leaders Guide for Managing Marines in Distress is 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 addresses approximately 40 different problems Marines may face.
www.usmc-mccs.org/leadersguide

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 recreating/fitness and even shopping.
www.usmc-mccs.org

Marine Corps Community Services Deployment Support For successful deployment for the unit, an individual Marine and the family require planning and advance preparation. This website features deployment guides for Commanders, families and Service Members.
www.usmc-mccs.org/deployo/deployguide.cfm?sid=ml&smid=3

Marines for Life provides assistance to Marines who leave active duty and return to civilian life. Their network—consisting of Marines, Marine Veterans, mentors, businesses and civic and Veterans’ organizations—helps Marines make a smooth and successful transition to the community.
www.m4l.usmc.mil

Marines Suicide Prevention website provides training guides, resources, and fact sheets about suicides and depression in the Marine Corps.
www.usmc-mccs.org/suicideprevent

Naval Center Combat & Operational Stress Control (NCCOSC) is dedicated to the mental health and well-being of Navy and Marine Corps Service Members and their families. The website provides a variety of resources and tools relating to post-traumatic stress disorder and traumatic brain injury.

www.med.navy.mil/sites/nmcsc/nccosc

Navy and Marine Corps Public Health Center's *Minding Your Mental Health* provides fact sheets and other tools specifically relating to mental health concerns. The website covers topics including substance abuse, anger, gambling and family issues.

www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Mental_Health/mmh_mentalhealth.aspx

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.

www.woundedwarriorregiment.org 1-877-487-6299

Navy Resources

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.

www.navy.mil

The FOCUS Project (Families OverComing Under Stress) provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, to successfully set goals together and create a shared family story.

www.focusproject.org

Naval Center Combat & Operational Stress Control (NCCOSC) is dedicated to the mental health and well-being of Navy and Marine Corps Service Members and their families. The website provides a variety of resources and tools relating to post-traumatic stress disorder and traumatic brain injury.

www.med.navy.mil/sites/nmcsc/nccosc

Naval Services FamilyLine is an organization of Navy family volunteers that believe in sharing experiences, strength and hope as military spouses. Naval Services FamilyLine is there to answer questions, provide education, and offer free publications.

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FamilyLine/index.htm

Navy and Marine Corps Public Health Center's *Minding Your Mental Health* provides fact sheets and other tools specifically relating to mental health concerns. The

website covers topics including substance abuse, anger, gambling and family issues.
<http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/minding-your-mental-health.aspx>

Navy Family Readiness Group (FRG) enables you to organize events, participate in forums and manage your content within your group or FRG.
www.navyfrg.com

Navy Fleet & Family Support Services provides a direct link between families and the Navy Command.
www.cnic.navy.mil

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.
www.npc.navy.mil

Safe Harbor is the Navy's lead organization for coordinating the non-medical care of wounded, ill and injured sailors, Coast Guardsmen and their families. The website provides resources pertaining to pay/personnel issues, invitational travel orders, lodging and housing adaptation, child and youth programs, transportation needs, legal and guardianship issues, education and training benefits, commissary and exchange access, respite care, TBI/PTSD support services and much more.
www.npc.navy.mil/commandSupport/SafeHarbor

Reserve and National Guard Resources

Guardsmen and reservists face a unique set of post-deployment and reintegration concerns. The following resources were specifically designed to support all guardsmen, reservists and their families.

Air Force Reserve
<http://www.afrc.af.mil>

Army National Guard Bureau
www.nationalguard.mil

Army Reserve
www.arfp.org

Marine Corps Reserve
www.marforres.marines.mil/

Navy Reserve
www.navyreserve.navy.mil

America's Heroes at Work is a U. S. Department of Labor project that addresses the employment challenges of returning Service Members living with traumatic brain injury and/or post-traumatic stress disorder. The website features an interactive e-learning module designed to educate managers, HR professionals and co-workers about TBI and PTSD in the workplace.

www.americasheroesatwork.gov

Employer Support of the Guard and Reserve develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws, and resolving conflict between employers and Service Members. The website provides resources for Service Members, employers and volunteers within the organization.

www.esgr.org

Flash Forward Resiliency Training Program addresses individual readiness, unit readiness and effective leadership with the end goal of improved mission preparedness, improved mission response and performance during times of great stress.

www.resiliencycenter.net/courses/flash_forward.aspx

National Guard Bureau Joint Services Support (NGB JS), as the principal personnel advisor to the Chief of the NGB, is responsible for providing the policies, resources and training to ensure consistent human resources programs that shape and enhance NGB and Joint Force headquarters strategic initiatives, personnel readiness, operation capabilities and the sustainability of the National Guard community. Programs address reintegration, career, family, finances, behavioral health, sexual assault prevention and transition support.

www.jointservicessupport.org

Office of the Assistant Secretary of Defense: Reserve Affairs serves as Principal Staff Assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters that include the reserve components, including the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve.

www.Ra.defense.gov

Reserve Officers Association (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. These men and women deserve a dedicated voice in creating government policy: ROA provides that voice. As the only organization dedicated to the support of all Reserve service members we work to promote the development and execution of a legislative agenda that ensures an adequate national security and a strong Reserve Component. Services include legal assistance, education and professional development.

<https://www.roa.org/>

Yellow Ribbon Reintegration Program is an organization with the mission to assist, collaborate and partner with National Guard and Reserve components, services and

agencies to ensure that Service Members, Veterans and family members receive informational services, referrals and proactive outreach programs throughout the phases of deployment.

www.yellowribbon.mil

Military Relief Organizations

Military relief organizations help Service Members and their dependents with certain emergency financial needs. Help comes in the form of interest-free loans, grants or a combination of loans and grants. Most loans and grants from military relief organizations are for one-time financial emergencies—for example, for rent, utilities, vehicle repair, certain medical and dental expenses and emergency travel.

Army Emergency Relief (AER) is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own." 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.

www.aerhq.org

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.

www.nmcrs.org

Air Force Aid Society (AFAS) is the official charity of the U.S. Air Force. It promotes the Air Force mission by helping "to relieve distress of Air Force members and their families and assisting them to finance their education." It is rooted in the original Army Air Corps and the World War II Army Air Forces, whose members wanted to "take care of their own." Through the years, AFAS has become increasingly effective in helping individuals with personal emergencies—as well as extremely useful when used by commanders to help solve personnel problems in their units.

www.AFAS.org

Military Veterans' Resources

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

www.va.gov

VA Caregiver Support Line provides immediate assistance and answers to questions about what services you may be eligible. Calls are answered by caring licensed professionals who can tell you about the services available from VA, how you can access them and how you can reach the Caregiver Support Coordinator at a VA

Medical Center near you. If you're just getting started with VA, calling the Caregiver Support Line is a great first step to take to learn more about the support that's available to you. VA's Caregiver Support Line 1-855-260- 3274 is toll-free Monday through Friday 8:00 a.m.–11:00 p.m. ET, Saturday 10:30 a.m.–6:00 p.m. ET.

www.caregiver.va.gov

VA Make the Connection is a public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help Veterans discover ways to improve their lives. Many of our Nation's Veterans—from those who served in World War II to those involved in current conflicts—return not only with physical wounds but also mental health issues they may not recognize. Make the Connection is a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions. On this site, Veterans and their families and friends can learn about available resources and support.

<http://maketheconnection.net/>

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

www.mentalhealth.va.gov

VA Mental Illness Research, Education and Clinical Centers (MIRECCs) were established by Congress with the goal of researching the causes and treatments of mental disorders and using education to put new knowledge into routine clinical practice in the VA. Specialized **mental health centers of excellence (MH CoE)** are an essential component of VA's response to meeting the mental health needs of Veterans.

www.mirecc.va.gov/

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. The primary goal of this call center is to help Veterans struggling with mental health issues engage in VA health care in order to treat and help these individuals lead a healthy life. 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.

www.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, Military Service Members and their families, Moving Forward teaches skills that can be useful to anyone with stressful problems. Moving Forward was built by VA Mental Health Services in partnership with the Department of

Defense National Center for Telehealth and Technology as part of a coordinated public health initiative to help Veterans and Service Members.

<http://startmovingforward.t2.health.mil/>

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

<https://www.myhealth.va.gov/index.html>

VA National Call Center for Homeless Veterans hotline was founded by the VA to ensure 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. To be connected with a trained VA staff member call 1-877-4AID VET (877-424-3838). The webpage includes resources for Veterans who are homeless or at-risk of homelessness.

www.va.gov/HOMELESS/NationalCallCenter.asp

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, healthcare providers and researchers.

www.ptsd.va.gov

VA Psychosocial Rehabilitation and Recovery Center (PRRC) is an outpatient multidisciplinary treatment program that provides mental health services for Veterans suffering from severe and persistent mental illness (e.g., Schizophrenia, Schizoaffective Mood Disorder, Bipolar Disorder, Major Affective Disorder and PTSD) with significant functional impairment.

<http://www.washingtondc.va.gov/departments/psychology-prrc.asp>

VA Returning Service Members (OEF/OIF) provides information concerning benefits for individuals recently returning from military services. Resources for families and the Guard and Reserve are also available.

www.oefoif.va.gov

VA Vet Center helps Veterans and their families adjust to civilian life after combat. The website features an interactive map to locate your local Vet Center and a variety of online resources.

www.vetcenter.va.gov

Veterans Suicide Prevention Hotline is a free 24-hour 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". Individuals on military bases may access the hotline with a 3-digit access

code (118) through their DSN system. In Germany, Belgium, United Kingdom, Italy and the Netherlands call 001-800-273-8255.

<http://www.veteranscrisisline.net>

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.

www.publichealth.va.gov/womenshealth

Other Government Resources

In addition to services provided by the U.S. Department of Defense and the U.S. Department of Veterans Affairs, civilian agencies funded by the federal government and independent non-profits provide resources for Service members, Veterans and families.

U.S. Department of Health & Human Services (HHS) The mission of the Department of Health and Human Services is to help provide the building blocks that Americans need to live healthy, successful lives. We fulfill that mission every day by providing millions of children, families, and seniors with access to high-quality health care, by helping people find jobs and parents find affordable child care, by keeping the food on Americans' shelves safe and infectious diseases at bay and by pushing the boundaries of how we diagnose and treat disease. 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.

<http://www.hhs.gov/>

National Institutes of Health (NIH) seeks fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life and reduce illness and disability. The goals of the agency are to foster fundamental creative discoveries, innovative research strategies and their applications as a basis for ultimately protecting and improving health; develop, maintain and renew scientific human and physical resources that will ensure the Nation's capability to prevent disease; expand the knowledge base in medical and associated sciences in order to enhance the Nation's economic well-being and ensure a continued high return on the public investment in research; and exemplify and promote the highest level of scientific integrity, public accountability and social responsibility in the conduct of science.

www.nih.gov

National Institute of Mental Health (NIMH) envisions a world in which mental illnesses are prevented and cured. The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. For the Institute to continue fulfilling this vital public health mission, it must foster innovative thinking

and ensure that a full array of novel scientific perspectives are used to further discovery in the evolving science of brain, behavior and experience

www.nimh.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

leads public health efforts to advance the behavioral health of the nation.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

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.

www.disability.gov

Joining Forces is a national White House initiative to engage all sectors of society to give our Service Members and their families the opportunities and support they have earned. A priority of First Lady Michelle Obama and Dr. Jill Biden, Joining Forces creates opportunities for all Americans to step up and show their gratitude to our Service Members and their families. Joining Forces is committed to raising awareness about the service, sacrifice and needs of military families. In particular, with the input of military families, Joining Forces identified three priority areas for national initiatives: employment, education and wellness.

<http://www.whitehouse.gov/joiningforces>

National Child Traumatic Stress Network (NCTSN) was established by Congress in 2000. The 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. Combining knowledge of child development, expertise in the full range of child traumatic experiences and dedication to evidence-based practices, the NCTSN changes the course of children's lives by changing the course of their care

<http://nctsn.org/resources/topics/military-children-and-families>

USA.gov is an interagency initiative administered by the Federal Citizen Information Center, a division of the U.S. General Services Administration's Office of Citizen Services and Innovative Technologies. The site is the government's official portal for government information and forms.

www.usa.gov

Non-Governmental Organization Resources

In addition to the services provided by the U.S. Department of Defense and the U.S. Department of Veterans Affairs, non-governmental organizations provide resources for services members, Veterans and families.

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

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

American Veterans helps ease the financial burden of severely injured Service Members and their families.
www.amvets.org

Armed Forces Foundation provides assistance to injured Service Members and their families, including financial assistance in the form of bill payment for families of Service Members who are in need and hotel assistance for families of injured Service Members while they visit a loved one.
www.armedforcesfoundation.org

The Band of Mothers support groups for mothers of U.S. soldiers. The multimedia website features an events calendar, photo albums, videos and other resources.
www.thebandofmothers.com

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.
www.bva.org

Blue Star Families is a non-partisan, non-profit organization, created by military families. It is committed to supporting military families through the unique challenges of military service and asking the larger civilian population to help as well, 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.
www.bluestarfam.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.
www.biausa.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.
www.christopherreeve.org

Coalition to Salute America's Heroes helps ease the financial burdens of severely injured Service Members and their families. Apply for assistance by telephone or by completing an online application.

www.saluteheroes.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 each of which is designed to bridge the military civilian divide: Case Coordination Program; Warrior, Veteran & Family Support Network (WVFSN); Awareness & Engagement Program.

<http://www.codeofsupport.org/>

Disabled American Veterans provides advocacy and programs for disabled Veterans.

www.dav.org

Easter Seals Military and Veterans Caregiver Training Services offers training and respite for caregivers in collaborations with the VA. A program of comprehensive support is provided to eligible military and veteran caregivers. Training covers topics such as caregiver self-care, home safety, caregiver skills, veteran personal care, managing difficult behaviors, and support resources.

<http://www.easterseals.com>

Fallen Patriot Fund provides supplemental financial support to the spouses and children of U.S. military personnel killed or seriously injured during Operation Iraqi Freedom.

www.fallenpatriotfund.org

The Fisher House™ Program donates “comfort homes” on the grounds of major military and VA medical centers for families to stay in (at little cost) during a Service Member’s hospitalization. Fisher House also sponsors Operation Hero Miles, (www.heromiles.org) which provides free round-trip tickets on certain airlines for eligible hospitalized Service Members and their families.

www.fisherhouse.org

The FOCUS Project (Families OverComing Under Stress) provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, to successfully set goals together and create a shared family story.

www.focusproject.org

Give An Hour is a non-profit organization providing free mental health services to U.S. military personnel and loved ones affected by the current conflicts in Iraq and Afghanistan. The organization offers a range of mental health services in order to address a variety of needs for those seeking services. It also provides links to a variety of resources for military families, including articles that discuss the kinds of difficulties

military families encounter and services available from national, state and local organizations.

www.giveanhour.org

Got Your 6 is a campaign that unites the entertainment industry with top Veteran-focused nonprofit organizations. The goal of the campaign is to bridge the civilian-military divide by creating a new conversation in America, so that Veterans and military families are perceived as leaders and civic assets. Got Your 6 focuses on six key pillars of Veteran reintegration: education, family, health, housing, jobs and leadership.

www.gotyour6.org/

Heal My PTSD was founded in 2009 as an organization whose mission is to advocate for Post-Traumatic Stress Disorder (PTSD) awareness, education, treatment and self-empowered healing support. We are guided by a vision that includes the sponsorship of PTSD awareness campaigns, the development of PTSD educational material, the promotion of PTSD treatment options and the development of PTSD self-empowered healing methods.

www.healmyptsd.com

Homes for Our Troops is a nonprofit organization committed to helping Service Members who have sacrificed for their country and returned home with serious disabilities and injuries. It helps 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.

www.homesforourtroops.org

Injured Marine Semper Fi Fund provides supplemental financial assistance to injured Marines and sailors, as well as members of the Army, Air Force and Coast Guard. The type of assistance provided is determined on an individual basis.

www.semperfifund.org

Iraq and Afghanistan Veterans of America (IAVA) strives to build an empowered generation of veterans who provide sustainable leadership for our country and their local communities. We work toward this vision by supporting new veterans through programs in four key impact areas: health, education, employment, and building a lasting community for vets and their families. IAVA is unique in the VSO community in that it creates impact in those critical areas through a comprehensive model of providing assistance to veterans and their families, raising public awareness about veterans' issues, and advocating for supportive policies from the federal to the local level.

<http://iava.org/>

Justice For Vets is a professional services division of the National Association of Drug Court professionals, a 501(c)3 non-profit organization based in Alexandria, VA. Justice for Vets 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, we keep Veterans out of jail and connect

them to the benefits and treatment they have earned; saving their lives, families, and futures, and saving tax dollars for the American public.

<http://www.justiceforvets.org/>

Military.com connects Service Members, military families and Veterans to all the benefits of service—government benefits, scholarships, discounts, lifelong friends, mentors, stories of military life or missions, and much more. Military.com is passionate about helping members make the most of military experiences throughout life.

www.military.com

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.

www.militarychild.org

Military Officers Association of America (MOAA) was founded in Los Angeles, Calif., in 1929. MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization. With more than 380,000 members from every branch of service, we are a powerful force speaking for a strong national defense and representing the interests of military officers at every stage of their careers.

www.moaa.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).

www.militarysos.com

The Mission Continues, founded by a former Navy SEAL in 2007, empowers Veterans facing the challenge of adjusting to life at home to find new missions. We 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 programs.

www.missioncontinues.org

NAMI (National Alliance on Mental Illness) 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 is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

www.nami.org

NAMI Veterans & Military Resource Center has resources, support and partnerships dedicated to mental health policy, education initiatives and advocacy priorities that impact active duty military personnel, Veterans with mental illness and the family members of these individuals. The Veterans and Military Resource Center is supported by the NAMI Veterans and Military Council.

http://www.nami.org/Content/NavigationMenu/Find_Support/Veterans_Resource/Veterans_Resource_Center.htm

National Military Family Association is an organization with strong grassroots support balanced with a professionalism that makes them a leader in the field. Spouses, parents and family members make up their staff and board positions. They speak up on behalf of military families and empower husbands, wives and children to understand and access their benefits. Based on what they hear from their members, NMFA meets the needs of Service Members and their families with insightful recommendations, innovative programs and grassroots efforts to better the quality of life for military families.

www.militaryfamily.org

NPR (National Public Radio) works in partnership with Member Stations to provide the public with a deeper understanding and appreciation of events, ideas and cultures. Search the site by topic for military reporting and first-person accounts of the experiences of Service Members, Veterans and their families.

www.npr.org

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.

www.naric.com

Online College Database serves as a directory of U.S. colleges. The vision is to provide accurate information to ease the decision-making process for post-secondary education for high school students, college students and adult learners. From young to old, we look to serve those in the educational ecosystem to help make more informed decisions.

<http://www.onlinecollegesdatabase.org/>

Operation Family Caregiver is an evidence-based practice that helps the families of returning Service Members and Veterans adjust to the “new normal” by coping more effectively with problems they never imagined. The program provides free and confidential support to the families of those who have served in the global war on terrorism. Specially-trained coaches work for our partner community organizations, not the military, and will come to your home or meet by phone/Skype to customize a 16- to 26-week program that is unique to your family. Operation Family Caregiver is funded by

grants from the Rosalynn Carter Institute for Caregiving (www.rosalynncarter.org) and is currently being offered in four locations throughout the United States:

Johnstown, Pennsylvania:

Conemaugh Memorial Medical Center

Phone: -866-707-8424

Website: www.conemaugh.org

San Diego, California:

Southern Caregiver Resource Center

Phone: 858-268-4432

Website: www.caregivercenter.org

Killeen, Texas:

Bring Everyone in the Zone

Phone: 254-681-9112, 254-423-7632

Website: www.bringeveryoneinthezone.org/

Buffalo, New York:

COMPEER of Greater Buffalo

Phone: 716-883-3331

Website: www.compeerbuffalo.org

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. We 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.

<http://operationfinallyhome.org/>

Operation Mom is a national military family support group with a website featuring service specific resources as well as a message board and events calendar.

www.operationmom.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.

www.pva.org

Parents Zone is a community for military parents; the website features a blog as well as service-specific resources.

www.parentszone.org

PBS (Public Broadcasting System) is a nonprofit corporation, whose members are America's public TV stations. The Emmy Award-winning team of Vulcan Productions and the producers of NOVA have created the three-part series **This Emotional Life**

that explores improving our social relationships, learning to cope with depression and anxiety, and becoming more positive, resilient individuals.

<http://www.pbs.org/thisemotionallife/>

Screening for Mental Health, Inc. (SMH) is a non-profit organization that provides educational screening programs limited to identifying symptoms of depression, bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, eating disorders and alcohol use disorders. The screening will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It gives guidance as to where you might seek assistance.

www.militarymentalhealth.org

Sesame Workshop teaches children to become resilient and flexible in a quickly changing world requiring patience and a little help. Discuss and explore ideas with your child using their fun activities, tips and songs and help them gain the confidence they need to thrive during difficult times. The non-profit educational organization behind Sesame Street presents *Talk, Listen, Connect: Deployments, Homecomings, Changes*, a bilingual educational outreach initiative designed for military families and their young children to share. Includes videos and activity guides.

www.archive.sesameworkshop.org/tic

Soldiers At Home was created for Soldiers and their families, especially for those who are adjusting to being together after a deployment. It is for Soldiers of all ages; active duty Soldiers who have recently returned from a war zone as well as retired Combat Veterans. Soldiers At Home is also the Official website of the new book *AT EASE, SOLDIER! How to Leave the War Downrange and Feel at Home Again*.

<http://www.soldiersathome.com/>

Spouse Buzz is a virtual spouse support group, a place where you can instantly connect with thousands of other military spouses. Spouse Buzz celebrates and embraces the tie that binds all military spouses; military service.

www.spousebuzz.com

StoryCorps is an independent nonprofit whose mission is to provide people of all backgrounds and beliefs with the opportunity to record, share, and preserve the stories of our lives. StoryCorps is one of the largest oral history projects of its kind; each conversation is preserved at the American Folklife Center at the Library of Congress. The **Military Voices Initiative (MVI)** amplifies the military community's important stories and lets them know that we—as a nation—are listening.

<http://storycorps.org/military-voices/>

Student Veterans of America (SVA) Today's veterans face numerous obstacles in their path of attaining a college degree. These challenges range from a missing sense of camaraderie to feeling like an outsider amongst 18 year old traditional students to a lack of understanding by university faculty. When coupled with the visible and invisible wounds of war, a college degree can be an elusive goal for men and women returning

from military service. SVA is a coalition of student veterans groups on college campuses across the globe that help veterans reintegrate into campus life and succeed academically.

<http://www.studentveterans.org/>

Team Red, White and Blue (Team RWB) chapters and communities deliver consistent, local opportunities for veterans and the community to connect through physical and social activity. And it is so much more than running. 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. These programs are at the core of Team RWB's mission.

<http://teamrwb.org/>

Team Rubicon (TR) unites the skills and experiences of military Veterans with first responders to rapidly deploy emergency response teams. TR reaches victims outside the scope of where traditional aid organizations venture; victims on the fringe. 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.

www.teamrubiconusa.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. Our National Military Survivor Seminar and Good Grief camp has been held annually since 1994. TAPS also conducts regional Survivor Seminars and Good Grief Camps at locations across the country. If you are suffering the loss of a military loved one, or if you know someone who can use our support, please call our toll-free help and information line now: 1-800-959-TAPS (8277).

www.taps.org

USO (United Service Organizations) Millions of times each year at hundreds of locations around the world, the USO lifts the spirits of America's troops and their families. It is a nonprofit, congressionally chartered, private organization and is not part of the U.S. government, but is recognized by the Department of Defense, Congress and President of the United States, who serves as Honorary Chairman of the USO.

<http://www.uso.org/>

Unmet Needs Program is a joint program of the Veterans of Foreign Wars and Vermont American Power Tool Accessories, Unmet Needs provides financial support, skills and labor to families of Service Members.

www.vfw.org/Assistance/National-Military-Services/

VeteranCaregiver is a bridge for caregivers and Veterans. It is a safe place to air questions and frustrations on and offline and it provides individualized assistance when needed. Avoid feeling isolated or alone, find people that "get it," benefit from networking with peers and professionals, community health and recovery resources.

www.VeteranCaregiver.com

Vietnam Veterans of America (VVA) was founded in 1978 and is the only national Vietnam Veterans organization congressionally chartered and exclusively dedicated to Vietnam-era Veterans and their families. VVA's goals are to promote and support 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.

<http://www.vva.org/index.html>

Wounded Warrior Project offers programs for caregivers, benefits counseling, information for families and peer mentoring.

www.woundedwarriorproject.org

Helpful Books and Publications

ADA: Know Your Rights, Returning Service Members with Disabilities, U.S.

Department of Justice, Civil Rights Division, 2010.

www.ada.gov/servicemembers_adainfo.html

An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison, Knopf, 1995.

At Ease, Soldier: How to Leave the War Downrange and Feel at Home Again, by Gayle S. Rozantine, Ph.D., Savannah, GA: Optima Vita, Inc., 2011.

The Center Cannot Hold: My Journey Through Madness by Elyn Saks, Hyperion, 2008.

Children of Military Service Members Resource Guide, Defense Centers of Excellence; For parents, family members and health care providers who work with children of military Service Members. Contains books, films, activities, kits and other resources on multiple topics for ages preschool to high school. 2012
http://www.dcoe.mil/Families/For_Children.aspx

Darkness Visible: A Memoir of Madness by William Styron, Vintage, 1992.

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

Everyone Serves is a free e-book developed by NBC Publishing, Blue Star Families and Vulcan Productions to assist military family members and friends cope with the emotional toll of deployments and reintegration. It features videos, interactive

worksheets and an up-to-date resource section highlighting mobile apps that can be downloaded from the PBS This Emotional Life website. 2013.

<http://www.pbs.org/thisemotionallife/campaign/helping-military-families>
www.everyoneservesbook.com

Federal Benefits for Veterans, Dependents and Survivors, U.S. Department of Veterans Affairs, 2013 Edition.

www.va.gov

Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma, by Michelle D. Sherman, Ph.D. and DeAnne M. Sherman. An award winning, interactive book that addresses key issues in dealing with a parent who has experienced a traumatic event. Seeds of Hope Books, 2005.

Fire and Forget: Short Stories from the Long War edited by Roy Scranton and Matt Gallagher, De Capo Press, 2013.

The Good Soldiers by David Finkel, An embedded journalist chronicles the experiences of the soldiers of the 2-16 Infantry Battalion during the troop surge in Iraq. Follow up book, ***Thank You for Your Service*** is noted below. Picador, 2009.

A Handbook for Family & Friends of Service Members is a companion to the PBS series **This Emotional Life** produced in collaboration with the **Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury**. The handbook explores the stressors and feelings individuals may encounter throughout the different phases of deployment. The handbook aims to provide solutions for Service Members and identifies outside tools and resources that may be useful to friends and family members before, during and after deployment. 2010.

<http://www.dodlive.mil/index.php/2010/12/family-focus-a-handbook-for-family-and-friends-of-servicemembers/>

Hidden Heroes: America's Military Caregivers by Ramchand, Rejeev, Tanielian, Terri, et al. Little has been reported about military caregivers – the population of those who care for wounded, ill and injured military personnel and Veterans. This report summarizes the results of a study designed to describe the magnitude of military caregiving in the United States today, as well as to identify gaps in the array of programs, policies and initiatives designed to support military caregivers. RAND Corporation, 2014.

Higher Education Resources for Veterans and Their Families Guidebook Veterans going to college for the first time face a wide range of challenges. To help current (and aspiring) student Veterans and their families, this comprehensive guidebook serves two complementary purposes: To address the many challenges that college-bound Veterans face daily, including those of a financial, social,

academic, medical and geographic nature. To provide valuable information and resources vetted by actual student Veterans who have experienced (and overcome) these challenges first-hand.

<http://www.onlinecollegesdatabase.org/online-college-resources-for-Veterans/>

I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness, by Michelle D. Sherman, Ph.D. and DeAnne M. Sherman. Created to support the thousands of youth whose parents have a mental illness, this interactive book focuses on the teenager's experience of living with a parent who has depression, Bipolar Disorder, or Schizophrenia. Seeds of Hope Books, 2006.

I Am Not Sick, I Don't Need Help: How to Help Someone with Mental Illness Accept Treatment, by Xavier Amador, Vida Press, 2ND Edition, 2007.

Keeping It All Together: For wounded, ill and injured Service Members and their families, Military OneSource, May, 2012.
www.militaryonesource.com

2013 Military Family Lifestyle Survey: Comprehensive Report, Blue Star Families, Washington D.C., May 2013.
www.bluestarfam.org

My Story: Blogs by Four Military Teens, by Michelle D. Sherman, Ph.D. and DeAnne M. Sherman. A series of four blogs that describes the experience of military teens before, during and after parental deployment. Seeds of Hope Books, 2009.

Night Falls Fast: Understanding Suicide, by Kay Redfield Jamison, Knopf, New York: Knopf, 1999.

Parity for Patriots: The mental health needs of military personnel, Veterans and their families, NAMI, 2012.
www.nami.org, search: Veterans & Military Resource Center

Redeployment, by Phil Klay. Takes readers to the frontlines of the wars in Iraq and Afghanistan to understand what happened there, and what happened to the soldiers who returned. Interwoven with themes of brutality and faith, guilt and fear, helplessness and survival, the characters in these stories struggle to make meaning out of chaos. Penguin Press HC, 2014.

Soldier Girls: The Battles of Three Women at Home and at War, by Helen Thorpe. More women have served in Iraq and Afghanistan than in any other conflict in our nation's history, and they compose about fifteen percent of the armed services. *Soldier Girls* follows the experiences of three women in the Indiana National Guard. Scribner, 2014.

Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers by E. Fuller Torrey M.D. & Michael B. Knable, D.O., Basic Books, 2005.

Surviving Schizophrenia: A Family Manual, 6th Edition by E. Fuller Torrey, Collins Living, 2013.

Talk, Listen, Connect: Deployments, Homecomings, Changes. A bilingual educational outreach initiative designed for military families and their young children to share. Includes videos and activity guides. Sesame Workshop (producers of Sesame Street). 2008.

www.archive.sesameworkshop.org/tic

Thank You for Your Service by David Finkel, A journalist checks back in with the soldiers who made it back home after the troop surge chronicled in ***The Good Soldiers***. Sarah Crichton Books (Farrar, Straus and Giroux), 2013.

Touched with Fire: Manic Depressive Illness and the Artistic Temperament by Kay Redfield Jamison, Free Press, 1996.

Veteran Parenting Toolkit: Together Building Strong Families includes five sets of age-specific parenting materials for young Veteran parents and their partners. Each parenting toolkit addresses topics such as developmental stages, reconnecting after deployment and resource guides. Developed by Michelle D. Sherman, Ph.D., Ursula B. Bowling, Psy.D., Jeffrey Anderson, Ph.D., and Karen Wyche, Ph.D. (VISN 16 MIRREC). 2010.

<http://www.mirecc.va.gov/VISN16/providers/VeteranParentingToolkit.asp>

When the War Never Ends: The Voices of Military Members with PTSD and Their Families, by Leah Wizelman, Rowman & Littlefield Publishers, 2011.

While They're at War: The True Story of American Families on the Homefront, by Kristin Henderson, Mariner Books, 2006.

Your Soldier, Your Army: A Parent's Guide, by Vicki Cody, The Institute of Land Warfare, The Association of the Army, 2005.

NOTE: Sources for the General Resources are cited in the References section of this manual.