



## Resource Guide

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**Disclaimer:** This guide is not a substitute for appropriate medical or psychological care for those experiencing significant emotional pain or impaired abilities to function at home, school or work. It serves only informational and educational purposes. Anyone needing special care should seek the assistance of critical incident support teams or other professionals.

If you are in need of immediate care, text or call 988.

## Get Help Now / Crisis

### Veteran Crisis Line



1. Call: [988](tel:988), press 1
2. [Chat online](#)
3. [Website](#)

The Veteran Crisis Line is 24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

### Stop Soldier Suicide



1. Call: [844-317-1136](tel:844-317-1136)
2. [Website](#)

When you reach out to Stop Soldier Suicide, you'll be connected with a wellness coordinator who will provide personalized attention, support, and assistance. We respect the value of personal information and handle yours with the utmost care.

Together, we'll develop a plan to help you navigate the challenges you're facing and empower you to move forward.

## Get Help Navigating

### Check-In



1. [Get connected with care](#)
2. [Overview of the program](#)
3. [Website](#)

The care journey begins by sign-up or referral. Once connected with Check-In, a trained "Care Coordinator," will be assigned to you or your loved one within 24-48 business hours.

The Care Coordinator will listen, answer questions, and begin the care process.

## Wounded Warrior Project Resource Center



1. Call: [888-997-2586](tel:888-997-2586) or 904-405-1213  
*Monday - Friday 9 am - 9 pm EST*
2. [Website](#)

Warriors and family members registering with Wounded Warrior Project® (WWP) often communicate with the Resource Center first. The team welcomes warriors and their families into WWP and serves as a connection point at every step along their individual journeys. As their needs evolve, the Resource Center continues to listen, identify next steps, and connect them with WWP programs as well as resources in their community.

For warriors and family members who are registered with WWP, the Resource Center can provide:

- Referrals to WWP programs. We're here to listen to your needs and concerns so we can connect you with the WWP programs that can help.
- Referrals to local and national resources. We can refer you to vetted resources in your community to help with things like legal services and acquiring a service dog.

*Not registered with WWP yet but want to learn more?*

The Resource Center can answer any questions you may have about WWP and our programs. When you're ready to register, the Resource Center can help you get started.

## Veterans Health Administration (VA / VHA)

### VA Mental Health



1. Find [local VA care](#)
2. [VA Mental Health](#)
3. [Scheduling](#)

[Jump to the Top](#)

4. Benefits Information: [800-827-1000](tel:800-827-1000) or <https://www.va.gov/health-care/>

The Veterans Health Administration is America's largest integrated health care system, providing care at 1,298 health care facilities, including 171 medical centers and 1,113 outpatient sites of care of varying complexity (VHA outpatient clinics), serving 9 million enrolled Veterans each year.

## **VA Transition Assistance Program (TAP)**

1. [Website](#)

The Transition Assistance Program (TAP) provides information, resources, and tools to service members and their loved ones to help prepare for the move from military to civilian life. Service members begin TAP one year prior to separation, or two years prior to retiring. Watch [this video](#) to see how VA TAP helps service members transition from military to civilian life.

## **National Call Center for Homeless Veterans**

1. Call: [877-424-3838](tel:877-424-3838)
2. Website: <https://www.va.gov/homeless/nationalcallcenter>

Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.

## **Veterans Wellness Alliance**

### **Overview**

1. [Website](#)
2. [Video Overview](#)

George W. Bush Institute's Veteran Wellness Alliance is an innovative alliance that connects high-quality care providers and



veteran peer networks to empower veterans to seek treatment. With proper care, service members and veterans can continue to thrive on and off the battlefield.

## Clinical Partners

### Cohen Veterans Network



1. [Website](#)
2. [Make Appointment](#)
3. Call: [844-336-4226](tel:844-336-4226)

Cohen Veterans Network provides short- and medium-term mental health care to post-9/11 veterans, active-duty, and their families around the country and through telehealth appointments. Clients receive case-by-case payment options and appointments when needed. Clinicians strive to see pre-9/11 based on availability. The network offers referrals to help veterans and their families facing unemployment, financial difficulties, housing, and legal issues.

### Centerstone Military Services



1. [Website](#)
2. [Make an Appointment](#)
3. [Video Overview](#)

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs.

### Headstrong



1. [Website](#)

2. [Get Help](#)
3. [Video Overview](#)

Headstrong is a national-facing mental health treatment practice of choice for our nation's military, veterans, and their family members. Operating as a nonprofit, we offer confidential, barrier-free, stigma-free evidence-based treatment approaches regardless of era of service or discharge at no expense.

### Marcus Institute for Brain Health (Colorado)



Marcus Institute  
for Brain Health  
UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS

1. [Website](#)
2. [Apply for Care](#)
3. Phone: [303-724-4824](tel:303-724-4824)

The Marcus Institute for Brain Health (MIBH) at the University of Colorado Anschutz Medical Campus provides specialty care for military Veterans, First Responders, and retired athletes struggling with mild-to-moderate traumatic brain injuries (including concussion) and changes in psychological health. Patients at the MIBH are treated as a person first, and Veterans of any discharge status are welcome. MIBH's intensive, outpatient program combines the best tools in traditional rehabilitation with complementary medicines so you can heal. The MIBH is there to help because MIBH recognizes there may be nothing "mild" about mild to moderate TBI.

### Shepherd Center SHARE Military Initiative (Atlanta)



Shepherd  
Center  
SHARE MILITARY  
INITIATIVE

1. [Website](#)
2. SHARE Admissions phone: [404-603-4314](tel:404-603-4314)
3. SHARE Admissions email: [shareadmissions@shepherd.org](mailto:shareadmissions@shepherd.org)

The SHARE Military Initiative at Shepherd Center is a comprehensive rehabilitation program that focuses on assessment and treatment for service members who have served in the U.S. military since September 11, 2001, regardless of discharge status.

The program helps service members who are experiencing symptoms of or have a diagnosis of mild to moderate traumatic brain injury or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress. SHARE Military Initiative provides hope, assistance, support and education to service members and their families during their recovery treatment and beyond.

## Warrior Care Network



1. [Website](#)
2. [WWP Resource Center](#)
3. 888-WWP-ALUM or [904-405-1213](#)

Warrior Care Network® is a partnership between Wounded Warrior Project® (WWP) and four world-renowned academic medical centers, providing veterans and service members living with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), and other related conditions with a path to long-term wellness. Participants and their families receive first-class treatment tailored specifically to their needs and individualized care to support their unique journey. All treatment and accommodations are provided at no cost and financial assistance is also offered to help cover everyday expenses like groceries, utilities, and housing.

## Emory Healthcare Veterans Program



1. [Website](#)
2. [Confidential appointment request](#)
3. Phone: [888-445-2460](#)

Emory Healthcare Veterans Program (EHVP) treats conditions such as post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST), anxiety, and depression related to military service. Treatment is free and confidential for eligible post-9/11 veterans and service members living anywhere



in the United States regardless of discharge status, deployment history, or length of service. Both traditional outpatient treatment as well as two-week Intensive Outpatient Programs are offered in person at the Emory Healthcare Veterans Program clinic in Atlanta, Georgia or via telehealth in eligible states.

### Home Base Program (Massachusetts General Hospital)



1. [Website](#)
2. [Get Care](#)

Home Base is a national nonprofit dedicated to healing the invisible wounds of war for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class, direct clinical care, wellness, education and research – all at no cost to them – regardless of era of service, discharge status or geographical location.

### Road Home Program (Rush University)



1. [Website](#)
2. [Get Care](#)
3. Phone: [312-942-8387](tel:312-942-8387)

The Road Home Program is dedicated to the mental health and wellness of veterans, service members, members of the National Guard, reservists and families at no cost and regardless of discharge status. The Road Home Program specializes in treating PTSD that resists traditional methods of treatment, bringing clinical innovation and research into the root causes underlying traumatic injury and adjusting course of treatment to meet the circumstances of each individual.

### UCLA Health Operation Mend



1. [Website](#)
2. Phone: [\(310\) 267-2110](tel:(310)267-2110)
3. Email: [operationmend@mednet.ucla.edu](mailto:operationmend@mednet.ucla.edu)

Operation Mend was established in 2007 as a partnership between UCLA Health and the United States military. 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 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 while training for service. UCLA Health Operation Mend is a member of the Warrior Care Network.

## Peer Support Programs

### Wounded Warrior Project



1. [Website](#)
2. Phone: 877-TEAM-WWP

Wounded Warrior Project (WWP) offers interactive programs, peer support, rehabilitative mental health workshops, access to clinical care, as well as intensive outpatient treatment through its Warrior Care Network to help veterans manage PTSD, traumatic brain injury (TBI), and combat stress. All services are free of cost.

### Travis Manion Foundation



1. [Website](#)
2. [Signup](#)

Travis Manion Foundation (TMF) strives to unite and strengthen communities by training, developing, and highlighting the role models that lead them. TMF develops programs, training opportunities, and events designed to empower veterans and families of the fallen, and then inspire them to pass on their values to the next generation and the community at large.

### Student Veterans of America



1. [Website](#)
2. Phone: [202-223-4710](tel:202-223-4710)

Student Veterans of America is the premier organization leading service, research, programs, and advocacy for veterans in higher education. Through a network of more than 1,500 on-campus chapters, SVA ensures that student veterans and military-connected students achieve their greatest potential.

### The Mission Continues

1. [Website](#)



## 2. [Get involved](#)

The Mission Continues' vision is for all veterans with a desire to continue their service to be part of a nationwide movement to transform communities. The Mission Continues is building a movement that empowers veterans to continue their service, and empowers communities with veteran talent, skills and preparedness to generate visible impact. Programs deploy veteran volunteers to work alongside nonprofit partners and community leaders to improve educational resources, tackle food insecurity, foster neighborhood identity, and more.

### Team Rubicon



1. [Website](#)
2. Phone: [310-640-8787](tel:310-640-8787)

Team Rubicon is a 501(c)3 nonprofit that utilizes the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams. Founded in 2010, Team Rubicon has deployed across the United States and around the world to provide immediate relief to those impacted by disasters and humanitarian crises.

### Team RWB



1. [Website](#)
2. Phone: 833-TEAM-RWB

Team Red, White & Blue (Team RWB) believes that veterans are America's most resilient citizens — and it's time for more veterans to prioritize their well-being first. Team RWB exists to guide veterans through that journey with real-life and virtual opportunities focused on building a healthier lifestyle because a strong focus on mental and physical health is critical to ensuring veterans' best days are ahead.

### **Transition Support**

## Combined Arms



1. [Website](#)
2. [Video Overview](#)

Combined Arms exists to accelerate the transition from military to civilian life. The faster veterans integrate into our community, the faster we are able to harness their passions and skills to make an impact. Combined Arms services Active Duty, Reservist, National Guard, Veterans from all service eras, and their family members.

## Onward to Opportunity (O2O)



1. [Website](#)
2. [Interest Form](#)

Onward to Opportunity (O2O) is a free career training program that provides professional certification and employee support services to transitioning service members, veterans and military spouses. O2O combines industry-validated curricula, strong partnerships with leading veteran service organizations and private sector companies, and comprehensive career coaching services to prepare and match you with your next career.

## Other Resources

1. Suicide Prevention Lifeline, 988

Online chat: <https://suicidepreventionlifeline.org/chat>

3. National Domestic Violence Hotline, 800-799-SAFE (7233)

4. SAMHSA's Treatment Navigator, 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>