Military Specific Resources for Assistance:

**Afterdeployment.org**

[www.afterdeployment.org](http://www.afterdeployment.org)

A mental wellness resource for service members, veterans and military families that offers assistance to address after-deployment concerns.

**The Brainline Military**

[www.brainlinemilitary.org](http://www.brainlinemilitary.org)

Provides military-specific information and resources on traumatic brain injury treatment and rehabilitation to personnel from all branches, the National Guard, Reserve, veterans and their families.

**Chaplain Care [877-4-1-TOUCH(868244)]**

[www.chaplaincare.navy.mil](http://www.chaplaincare.navy.mil)

Speak with a Chaplain on any question or concern confidentially, 24 hours a day, 7 days a Week, 365 days a year, globally.

Defense Centers of Excellence (DCoE) for **Psychological Health and Traumatic Brain Injury [866-796-9699]**

[www.pdhealth.mil](http://www.pdhealth.mil)

Provides assistance and medical advocacy for military personnel with deployment-related health concerns; often found in MTF’s.

**DSTRESS[877-476-7734]**

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

Anonymous counseling for Marines and families in the western U>S., Hawaii and Alaska; callers speak with veteran Marines, former corpsmen or licensed counselors specifically trained in Marine Corps culture and ethos.

**Give an Hour**

[www.giveanhour.org](http://www.giveanhour.org)

Provides free mental health services to military personnel and families; posts pertinent resources and information.

**inTransition [800-424-7877]**

[www.health.mil/InTransition/](http://www.health.mil/InTransition/)

Offers service members currently receiving mental health treatment a bridge of support between healthcare providers when they transfer to a new location or separate from active service.

**Marine and Family Services**

[www.usmc-mccs.org](http://www.usmc-mccs.org)

Administers programs directly related to combat readinesss that serve as the mechanisms by which programs, services and activities are provided to single and married Marines, Sailors and their families.

**Military OneSource [800-342-9647]**

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

A 24/7 phone and internet-based assistance program; offers confidential, personalized advice and support to active-duty, Guard, and Reserve personnel and families.

**Military Pathways/Military Mental Health Self-Assessment**

[www.militarymentalhealth.org](http://www.militarymentalhealth.org)

A self-assessment tool in English and Spanish for personnel to review mental health symptoms, situational factors, and potential benefits of additional evaluation or treatment; has guidance on seeking assistance.

**National Center for Telehealth & Technology (T2)**

[www.t2health.org](http://www.t2health.org)

T2 is part of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury that helps veterans, warriors and families address psychological he3alth and traumatic brain injuries using online tools, mobile application and other innovative technologies.

**Suicide Prevention Lifeline [800-273-8255 or 800-273-TALK]**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

A 24/7 toll-free, confidential suicide prevention and crisis counseling hotline available to anyone in suicidal crisis or emotional distress. Endorsed for Marines as part of MCCS’ Suicide Prevention Program.

**Operational Stress Control and Readiness (OSCAR)**

OSCAR mental health professionals are not primarily clinical health providers, but rather combat/operational stress control specialists who educate and are educated by their Marines through repeated contact in the field and the sharing of adversity before, during and after deployment. OSCAR teams are set up with infantry units close to the front.

**PTSD Coach**

[www.ptsd.va.gov/public/pages/PTSDcoach.asp](http://www.ptsd.va.gov/public/pages/PTSDcoach.asp)

Mobile phones application for people with PTSD and those interested in learning more; provides tools for managing distress, a self assessment, a direct connection to crisis support, professional treatment information.

Substance Abuse Rehabilitation Programs (SARP)

Screens for alcohol or drug problems in all active duty, retired and qualified family members at all host/tenant commands; to access services, contact your command SACO or Primary Care Manager (PCM); no consequences when Marines report dependency issues on legal drugs.

**Veterans Affairs**

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Provides readjustment counseling and outreach services to men, women and the families of those who served in the military.

**Wounded Warrior Regiment (WWR) [877-487-6299]**

[www.woundedwarriorregiment.org](http://www.woundedwarriorregiment.org)

Provides and facilitates non-medical care and assistance to wounded, ill or injured Marines and sailors attached to or in support of Marine units and their family members; operates a 24/7 call center.

Military-Specific Resources for Behavioral Health Information:

**American Red Cross Service to the Armed Forces (SAF) Program**

<http://www.redcross.rog/find-help/military-families>

Provides worldwide 24/7 access to fimely, reliable humanitarian services; includes emergency communication services, support for ill and injured, assistance in obtaining emergency financial support.

**Bob Woodruff Foundation**

[www.remind.org](http://www.remind.org)

Provides resources and support to injured services members, veterans and families to empower communities nationwide to help reintegrate our nation’s injured heroes so they may thrive physically, socially psychologically and economically.

**Courage to Care**

[www.usuhs.mil/psy/courage.html](http://www.usuhs.mil/psy/courage.html)

An electronic health campaign on topics relevant to military life for service members, families and civilian professionals serving the military.

**Center for the Study of Traumatic Stress (CSTS)**

[www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)

Conducts research, education, consultation and training on preparing for and responding to the psychological effects and health consequences of traumatic events; includes military fact sheets to improve the well-being of deployed personnel and their families.

**Defense and Veterans Brain Injury Center (DVBIC)**

[www.dvbic.org](http://www.dvbic.org)

Serves active-duty military, beneficiaries and veterans with traumatic brain injuries through state-of-the-art clinical care, innovative clinical research initiatives and educational programs.

**The Docs (Online Version)**

<http://www.issuu.com/navymedicine/docs/the_docs_full_compressed>

Graphic novel about four Navy corpsmen deployed to Iraq; serves to prepare corpsmen and Marines psychologically by realistically portraying common stress concerns faced in war zones.

**DoD Safe Helpline**

<https://rain.org/dod-safe-helpline>

877-995-5247

DoD Safe Helpline is a crisis support services specially designed to provide live, one-on-one support to sexual assault survivors and their loved ones within the DoD community. All helpline services are confidential, anonymous, secure, and available worldwide, providing survivors with the help they need, anytime, anywhere. Safe Helpline staff members have been trained to answer question relating to military specific topics such as Restricted and Unrestricted Reporting and how to connect with relevant military resources, such as an installation or base’s Sexual Assault Response Coordinator (SARC), should those services be requested.

**Deployment Health Clinical Center (DHCC)**

[www.pdhealth.mil/ehc/mental\_health\_services.asp](http://www.pdhealth.mil/ehc/mental_health_services.asp)

Links to DoD benefits and policies for Army, Navy, Marine Corps, Air Force and Coast Guard; includes information on legal rights and confidentiality when seeking mental health.

**The FOCUS Project (Families OverComing Under Stress)**

[www.focusproject.org](http://www.focusproject.org)

Provides training for families on skills to prepare for deployment, reintegration or help with communication and resilience building.

**Leaders Guide for Managing Marines in Distress**

[www.usmc-mccs.org/leadersguid](http://www.usmc-mccs.org/leadersguid)

Provides guidance and tools to leaders on what to look for, what to do and specific resources for helping Marines in distress.

**Marine Corps Behavioral Health Information Network**

[www.bhin.usmc-mccs.rog](http://www.bhin.usmc-mccs.rog)

Web-based clearinghouse of information/tools for Marines, families and professional on behavioral health prevention and resources.

**Medal of Honor Speak Out**

[www.medalofhonorspeakout.org](http://www.medalofhonorspeakout.org)

Medal of Honor recipients speak out to save lives by encouraging America’s Military to seek help when adjusting to life after combat.

**National Center for PTSD**

[www.ptsd.va.gov](http://www.ptsd.va.gov)

Center for research and education on the prevention, understanding, and treatment of PTSD with seven divisions across the country; does not provide direct clinical care, but aims to improve the well-being and understanding of veterans.

**National Domestic Violence Hotline**

[www.ndvh.org](http://www.ndvh.org)

800-799-SAFE (7233) or TTY 800-787-3224

Provides crisis intervention, information and referrals to victims of domestic violence, perpetrators, friends and families.

**National Resource Center**

[www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov)

Online tool for military personnel past and present, their families and friends, to connect with thousands of support programs organized by subject or state.

**National Sexual Assault Hotline**

<https://www.rainn.org/get-help/national-sexual-assault-hotline>

800-656-HOPE (4673)

Trained volunteers confidentially help vicitims at Rape, Abuse and Incest national Network (RAINN)-affiliated national crisis centers; calls routed by area code through RAINN system to local community centers.

**Naval Center for Combat & Operational Stress Control (NCCOSC)**

[www.med.navy.mil/sites/nmcsd/nccosc](http://www.med.navy.mil/sites/nmcsd/nccosc)

Dedicated to the mental health and well-being of Navy and Marine Corps service members and their families; provides resources and tools relating to posttraumatic stress disorder and traumatic brain injury.

**Navy-Marine Corp Relief Society**

[www.nmcrs.org](http://www.nmcrs.org)

Provides financial educational and other assistance to Navy-Marine Corps-eligible family members and survivors in need.

**Navy and Marine Corps Public Health Center’s “Minding Your Mental Health”**

[www.nmcphc.med.navy.mil/healthy\_living/psychological\_health/mental\_health/mmh\_mentalhealth.aspx](http://www.nmcphc.med.navy.mil/healthy_living/psychological_health/mental_health/mmh_mentalhealth.aspx)

Contains information ranging from facts on mental health, what to do to help others, asking for help and reasons to seek help and therapy.

**Operation Healthy Reunions**

[www.nmha.org/reunions/resources.cfm](http://www.nmha.org/reunions/resources.cfm)

Provides education and helps combat the stigma of behavioral health issues among service members, their families and medical staff.

**PDHealth**

[www.pdhealth.mil](http://www.pdhealth.mil)

Provides information on deployment health and healthcare for services members, veterans, their families and healthcare providers.

**Postdeployment Users Guide**

[www.med.navy.mil/sites/nmcsd/nccosc/post deploymentUserGuide/navy.htm](http://www.med.navy.mil/sites/nmcsd/nccosc/post%20deploymentUserGuide/navy.htm)

A returning vetan’s self-help guide to support service members through challenging transitions, including informationon setting goals, personal growth, relationships, mental health, grief and guilt, physical health and more.

**Real Warriors**

[www.realwarriors.net](http://www.realwarriors.net)

An initiative launched to promote the process of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

**Tricare**

[www.tricare.mil/mtf](http://www.tricare.mil/mtf)

Active duty and their families can find the nearest MTF.

**Vet Centers**

[www.vetcneter.va.gov](http://www.vetcneter.va.gov)

Suicide Hotline: 800-273-TALK (8255), press 1

Find a Vet Center Hotline:

800-905-4675 (Eastern)

866-496-8838 (Pacific)

Provide readjustment counseling and outreach services to men, women and the families of those who served in the military.

Civilian Resources for Behavioral Health Information:

**American Psychological Association**

[www.apa.org/topics](http://www.apa.org/topics)

Brochures, tips and articles on psychological issues that affect physical and emotional well-being; information specifically related to the military population.

**National Institute of Mental Health**

[www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)

Scientific research organization focused on understanding, treatment and prevention of mental disorders and promotion of mental health.

**Substance Abuse and Mental Health Services Administration**

[www.samhsa.gov](http://www.samhsa.gov)

Aims to reduce the impact of substance abuse and mental illness by demonstrating that prevention works, treatment is effective and people recover from mental and substance use disorders.

**This Emotional Life**

[www.pbs.org/thisemotioallife](http://www.pbs.org/thisemotioallife)

Provides information, videos and other resources on various topics concerning mental disorder and explaining human emotions.

**WebMD Drugs and Medication Center**

[www.webmd.com/drugs](http://www.webmd.com/drugs)

Search by drug name for sues, side effects and other information on prescription drugs or over the counter medications for behavioral health or other medical conditions.