

Identify & Build Your Resources

Below is a list of some resources you can use right now to help yourself through transition, improve your quality of life and in the darkest of times. Use this list to build your own list to include local resources and the contact info and at least two of the same means of communication to each of your five (text, phone, app, etc):

VETERANS/MILITARY

- **911** Emergency
- **988** suicide prevention hotline
- 1-800-SUICIDE (**1800-273-8255**) OR 1-800-273-TALK (**1-800-273-8255**) (military press (1), Spanish – press (2))

Chat online at <https://www.veteranscrisisline.net/get-help/chat>

Send a text message to **838255**

The Veterans and Military Crisis Line is staffed by caring, qualified responders from VA. Many are veterans themselves. They understand what Service members have been through and the challenges members of the military and their loved ones face.

Need crisis assistance while overseas? The following overseas locations have direct crisis line numbers:

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

In Afghanistan: Call 00 1 800 273 8255 or DSN 111

- Military one source: <https://www.militaryonesource.mil/> OR [800-342-9647](tel:800-342-9647)
- Military & Family Life Consultant (MFLCC); 888-755-9355/800-342-9647; <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/>
- Behavioral Health for Veterans: <https://www.neuroflow.com/veteran-behavioral-health/>
- DoD Safe Helpline: <https://www.safehelpline.com>

- Suicide prevention and help resources for every State: <http://suicide.org/suicide-hotlines.html>
- Mission 22 (PTSD and TBI help): <https://mission22.com/>
- Stella Trauma Treatment (PTSD Treatment); <https://stellacenter.com/>
- Save A Warrior - "SAW" (change the way you see - and live - your life in 75 hours); <https://saveawarrior.org/>
- Mighty Oaks Warrior Programs: <https://www.mightyoaksprograms.org/>
- TEXT TELEPHONE: 1800-799-4TTY (1800-799-4889)
- Helpful FACEBOOK Group pages:
 - Combat Rescue - “We’ve got your six..that we may live too”;
 - “Suicide Awareness and prevention”;
 - “Prevent 22 Veterans”;
 - “Suicide prevention and awareness”;
 - “veteran 2 Veteran info”;
 - “Help combat veteran suicide”;
 - “22 to Zero Veteran Suicide Prevention Group”;
 - “Suicide Prevention for Military, Veterans, and Support Group”
 - “The Kendrick Brothers Prayer Group”
 - “Suicide Prevention and Survivors Support”
 - “Veterans Claims Assistance Group”
 - “VettedVA”
 - “Veteran Suicide Prevention Group”
 - “Can’t Hurt Me” By David Goggins, Motivation and Accountability Group”

FIRST RESPONDER

- First Responder Support Network; <https://www.frsn.org/>

CIVILIAN

- 1-800-SUICIDE (1800-273-8255)
- Collaborative non-profit civilian website for all things suicide prevention related

<http://suicide.org/index.html>

- LGBT Youth – 1-866-4-U-TREVOR

YOUR LOCAL & PERSONAL RESOURCES

- *Physician:* _____
- *AD Chaplain contact info:* _____
- *Behavioral Health (BHOC)* _____
- *Mental Health* _____
- *Family/Friends* _____
- *Five Life Guards:*
 - 1: _____
 - 2: _____
 - 3: _____
 - 4: _____
 - 5: _____
 - Alt 1 & 2 _____

HELPFUL RESOURCES FOR IMPROVING YOUR SITUATION

Bible and faith help:

- [free bible resources for military veterans](#)

Transition to civilian life/Non government organization free help for vets:

- [Wounded Warrior Project](#)
- [The Honor Foundation](#)
- https://bestdefensefoundation.org/i-am-a-veteran/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAoSet2wYlw8nzVhdk6otkR4MndnozwiTTzGbs0FciYmRiXLnq12fHAaAoCaEALw_wcB
- [VFW](#)
- [American Legion](#)
- https://warriorbonfireprogram.org/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAQ_4xGUfvOFLvqnOFUNefnQ_S713_pmFHKdb08X_7YFfXOX8TxEOBgaAhESEALw_wcB

Service animal opportunities:

- https://k9sforwarriors.org/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAoCx11JF18z9HVUlitFwkLYmTnQ8iOW5691Sfo69FdAZdSHPEDIo0AaAsCvEALw_wcB

Free online courses:

- https://www.nebpsych.org/resources/Documents/Resources_%20Websites%20for%20Veterans.pdf
- You M.A.T.R; How to think your way out of impossible situations - A proactive approach to [Suicide Prevention](#)

Turn your story into song:

- [Freedom Sings USA](#)

Financial, legal, and health help:

- [Financial Resources for Veterans](#)
- <https://www.healingwarriorsprogram.org/veteran-resources/>
- <https://www.neptunesociety.com/resources/list-helpful-veteran-resources-support-groups>
- <https://www.heartmath.org/resources/veterans/resources/>
- [Veteran Resources - Legal, Health, Housing, Benefits & More](#)
- <https://www.vaforvets.va.gov/vaforvets/veteran-resources/index.asp>
- [First Command Educational Foundation](#)

Resources for senior vets:

- [Free Resources That Can Help Veterans, Military Families](#)
- [Resources for Veterans and their Families](#)

Employment help:

- https://www.hiringourheroes.org/resources/?_blog_service_role=veteran&gclid=Cj0KCQiAmpyRBhC-ARIsABs2EArYXi8ng3nFpsl5Vy6rRkP0zbQPSS7R0CUYcaj_3q_B9vVMmKg00scaAhq2EALw_wcB
- [28 Free Resources For Veterans Re-Entering the Workforce | Military.com](#)
- [Employment Resources for Veterans - Veterans Employment Toolkit](#)
- [Veterans & Military Funeral Honors – Resources](#)
- [VETS | US Department of Labor](#)
- [Federal Resources for Transitioning Service Members and Veterans Pursuing Careers in the Trucking Industry](#)
- https://milbenfoundation.org/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAo-NTIsCr0v3aQukWN4RTMQ6mu9TguoyuCnkeOv4jaQElt3hS4c0Y8aAtWwEALw_wcB
- <https://www.22vetsaday.com/>

Realtor and housing help.

- https://realogymilitaryrewards.com/?utm_source=bing&utm_medium=paid-search&utm_campaign=rmr-vert&utm_id=digital-media&utm_term=national-perksgeneral-veterans%20resources&utm_content=responsive-search-ad&msclkid=adfaad8d22a111f1135ecf8e70b65dd3
- [Resources for Vets - Welcome Home](#)

Find resources near you:

- [Resources | Videos & Info for Military Veterans | Make the Connection](#)

Outdoor adventure programs for vets:

- [Free Outdoor Adventure Programs for Veterans | Outward Bound](#)
- [Operation Purple Healing Adventures - National Military Family Association](#)
- [Help for Veterans: 5 Wilderness Therapy Programs for Vets](#)
- [Project Healing Waters Fly Fishing](#)
- [Free Entrance to National Parks for Veterans and Gold Star Families](#)

Free and fun stuff:

- [BIG List of Free Stuff for Veterans \(Veterans Day Free Meals, Restaurant Deals & Discounts...\) - MoneyPantry](#)
- [Help Heal Veterans](#)
- [Art Therapy for Military Veterans](#)
- [Veterans Healing Farm – Plough to Pantry: A Profile in Courage](#)
- [Healing Heroes Network | TexVet](#)
- [HELP HEAL VETERANS - GuideStar Profile](#)

Care packages for Vets -

- https://operationnotalone.net/services/cheer-packages/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EApW_hO_o1zne9S-67S6GKBNvOERoHNaiBJLzNbXFLmk0HvHL4yaEs8aAkosEALw_wcB

Veteran Discounts

- https://www.supheroesfoundation.org/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAofO4xBQzAoZRKtL7G20_yW7wGwABo6ww8HQ5VEgvrX8FAhjPIHALQaAuZ6EALw_wcB