


Mental Health Resources

Resource:	Contact Info:
The Military Crisis Line	800-273-8255, then press 1. Or access text by texting to: 838255.
The Suicide & Crisis Lifeline	Dial 988
FREE Life Coaching for military	coachhub.resilienceboost.com
Program to improve how you feel	moodhacker.resilienceboost.com
Mindfulness exercises to help you relax your mind and body.	Download the App: "Chill Drills" 
Connect with your partner better for 21 days	love.resilienceboost.com
12 Months FREE non-medical counseling for health, wellness, or relationships	1-800-342-9647 (100% confidential and free for military)
The Real Warriors Campaign: breaking the stigma of mental health care for Soldiers	www.health.mil/RealWarriors
Tricare Mental Health Resources	www.tricare.mil/mentalhealth
Military Health System Resources Hub	health.mil
Psychological Health Resource Center for service members, veterans, and families	Call: 1-866-966-1020 (Open 24/7) Email: dha.ncr.j-9.mbx.intransition@mail.mil
National Center for PTSD	www.ptsd.va.gov
PTSD Help	www.woundedwarriorproject.org
Battle Buddy App	Text "VET" to 313-350-0391
Military One Source	https://www.militaryonesource.mil/health-wellness/mental-health/
Holistic Health & Fitness H2F	https://h2f.army.mil/
Human Performance Resources	https://www.hprc-online.org/