

\*\*There are many resources available. This is a compiled list of resources we have personally used and can share our own personal experiences about. Most financial resources are for post 9/11 veterans, but we will add more as we come across them.

**Emergency Financial**

* Operation Homefront [www.operationhomefront.net](http://www.operationhomefront.net)
* USA Cares [www.usacares.org](http://www.usacares.org)
* Operation First Response [www.operationfirstresponse.org](http://www.operationfirstresponse.org)
* Soldier’s Angels [www.soldiersangels.org](http://www.soldiersangels.org)
* Respite for Caregivers [www.fisherhouse.org/program/heromiles](http://www.fisherhouse.org/program/heromiles)
* Heroes Thanking Heroes Veteran’s Circle [www.saluteheroes-vetcircle.org](http://www.saluteheroes-vetcircle.org)
* Upper East Tennessee Human Development Agency [www.uethda.org](http://www.uethda.org) 423-968-3951
* Bristol Faith in Action [www.bristolfia.org](http://www.bristolfia.org) 276-466-8292

**Student Loan (Federal)Debt**

* Total and Permanent Disability [www.studentaid.ed.gov](http://www.studentaid.ed.gov)
* GI Bill [www.gibill.va.gov](http://www.gibill.va.gov)

**Service Dog**

[**www.k9sforwarriors.org**](http://www.k9sforwarriors.org)

**Apps for Phone**

* **PTSD Coach**
* **PE Coach – Prolonged exposure therapy with sessions**
* **Concussion Coach – Traumatic Brain Injury management**
* **Tactical Breather – can be used for physiological and psychological response to stress**
* **Rain Rain – white noise/storm music for sleeping with tinnitus**
* **Fitbit Alta HR – syncs with FitBit for sleep patterns, heart rate, exercise, dietary info**

**Veteran and Family Retreats**

* **Wounded Warrior Retreat** [**www.wwretreat.org**](http://www.wwretreat.org)
* **Lone Survivor Foundation** [**www.lonesurvivorfoundation.org**](http://www.lonesurvivorfoundation.org)
* **Hope for the Warriors** [**www.hopeforthewarriors.org**](http://www.hopeforthewarriors.org)
* **Hearts of Valor** [**www.heartsofvalor.org**](http://www.heartsofvalor.org)
* **Semper Fi Sisters** [**www.semperfisisters.org**](http://www.semperfisisters.org)
* **Wounded Warrior Project** [**www.woundedwarriorproject.org**](http://www.woundedwarriorproject.org)
* **Project Healing Waters** [**www.projecthealingwaters.org**](http://www.projecthealingwaters.org)
* **Warrior’s Weekend** [**www.warriorsweekend.org**](http://www.warriorsweekend.org)
* **Show of Support** [**www.showofsupport.org**](http://www.showofsupport.org)
* **Hands of a Sportsman** [**www.handsofasportsman.org**](http://www.handsofasportsman.org)

**Books**

* **Down Range to Iraq and Back, Bridget C. Cantrell, PhD. & Chuck Dean ISBN: 978-1-933150-06-02**
* **Wounded Warrior, Wounded Home, Marshele C. Waddell and Kelly K. Orr, PhD, ABPP, ISBN: 978-0-8007-2156-5**
* **Hope for the Homefront, Marshele Carter Waddell**
* **When War Comes Home, Chris Adsit, Rahnella Adsit, and Marshele Carter Waddell, ISBN: 978-1-4392-0890-8**

**PTSD/TBI support for veteran and families**

* **PTSD Awareness Summit** [**http://www.ptsdawarenesssummit.org**](http://www.ptsdawarenesssummit.org)

**(239) 699-6732**

* **Vets4Warriors 855-838-8255** [**www.vets4warriors.com**](http://www.vets4warriors.com)
* [**www.ptsdusa.org**](http://www.ptsdusa.org)
* **Quality of Life Foundation** [**www.qolfoundation.org**](http://www.qolfoundation.org)
* **Elizabeth Dole Foundation – Caregivers/Hidden Heroes**

[**www.elizabethdolefoundation.org**](http://www.elizabethdolefoundation.org)

* **Caregiver support** [**www.caregiver.va.gov**](http://www.caregiver.va.gov)
* **National Center for PTSD** [**www.ptsd.va.gov**](http://www.ptsd.va.gov)
* **Veteran Crisis Line** [**www.veteranscrisisline.net**](http://www.veteranscrisisline.net) **800-273-8255, press 1 or text 838255**

**Additional Resources**

[**www.operationwearehere.com**](http://www.operationwearehere.com)