



A Hero's Heart

Active Duty and Veterans Suicide Prevention Resources for FAMILIES



Sesame Street for Military Families: Sesame Workshop is the nonprofit educational organization that revolutionized children's television programming with the landmark Sesame Street. Our mission is to help kids grow stronger, smarter, and kinder. We do so in more than 150 countries. Beyond television, the Workshop creates content for multiple media platforms including radio, film, home video, the Internet, mobile devices, gaming consoles, books, magazines, and community outreach. Workshop initiatives focus on a wide range of issues, from math skills and literacy to health, diversity, and military deployment. Initiatives meet

specific needs to help kids and families develop critical skills, acquire healthy habits, and build emotional strength to prepare them for lifelong learning.

Website: <https://sesamestreetformilitaryfamilies.org>

Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Deployment, Injury, or Death: The mission of ZERO TO THREE is to publish authoritative research, practical resources, and new ideas for those who work with and care about infants, toddlers, and their families.

View Resource: https://www.zerotothree.org/wp-content/uploads/2022/04/Honoring-Our-Babies-and-Toddlers_-Supporting-Young-Children-Affected-By-a-Military-Parents-Deployment-Injury-or-Death.pdf

A Soldier's Child Foundation: Our mission is to serve the Children of ALL fallen military personnel, who have lost their lives on active duty, and post service-related deaths that were due to a service-related injury or illness. A Soldier's Child (ASC) Foundation honors the children of our fallen American defenders of freedom by celebrating their birthday every year through the age of 18. ASC holds numerous camps throughout the year for ASC kids that are ages 9-17 and for our PS23 mentors that are 18 and older. ASC also facilitates secondary/college scholarships for our ASC recipients in our program.

- [Enroll Your Child](#): A Soldier's Child (ASC) Foundation serves children of fallen servicemen and women from all U.S. military branches. ASC acknowledges all deaths during active duty and any deaths post military service, due to service-related injuries or illnesses. This includes suicides from PTSD related deaths. ASC offers Love to the child left behind, Honor for the memory of the fallen and a Hope for the children to live a courageous life. We do this with yearly birthday celebrations, summer camps, mentorship programs, and facilitating in secondary/college scholarships.
- [C-Cap Program](#): Compassionate Corporate America Partners (C-CAP) exists to provide the opportunity for corporate America to be the hands and feet that give back to the children of all "active duty" fallen servicemen and women. C-CAP is a financial and hands on partnership/experience for every tier of the company.

Website: <https://www.asoldierschild.org>

Our Military Kids: Military families with a service member in the National Guard, the Reserve, or recovering from combat injuries are often not near a military installation so access to support services is limited. During deployments, these families may lose income

when their military member is mobilized for duty, temporarily leaving their civilian job to serve our Country. The lack of resources and loss of income is the same for combat injured Veterans in treatment and creates gaps that are hard on families. Our Military Kids fills these gaps with an impactful grant program that pays for their children's extracurricular activities.

[Website:](#)

National Military Family Association: NMFA is *the* voice of military families because, for more than 50 years, we have proven that we stand with all military families. Our Association is the “go to” source for Administration Officials, Members of Congress, and key decision makers when they want to understand the issues facing our families. They know we have “boots on the ground” with military families and understand better than anyone that “military families serve, too.” Through the support and programs we provide, and our respected voice on Capitol Hill and with the Departments of Defense and Veterans Affairs, our Association always looks out for the families who serve.

- **[Operation Purple:](#)** At [Operation Purple Camp](#) we embrace being “purple” and bring together military kids from all ranks and services, including National Guard and Reserve components, to a unique and memorable summer camp experience. Operation Purple [Family Retreats](#) provide military families with the opportunity to reconnect as a family. We are bringing families to beautiful outdoor locations in order to provide fun family-oriented activities and the ability to spend quality time together. We’ve tailored a special retreat program that is designed to support wounded service members and their families. The Operation Purple [Healing Adventures](#) program celebrates rediscovering family-fun and togetherness after an injury.
- **[Military Spouse Scholarship:](#)** NMFA can help fund education, career, or business goals for military spouses. The mission of this [scholarship program](#) is to help prepare military spouses for meaningful employment and to better contribute to their family's financial security. Our scholarships are awarded to spouses of members of all Uniformed Services. NMFA awards an average of \$500 for career funding and \$1000 for degrees. Up to \$2500 is available for clinical supervision towards licensure in the mental health profession. Spouses are also eligible for funding, typically \$1000, to build their own businesses. Our scholarship program is named in honor of Joanne Holbrook Patton, a fifth-generation Army daughter and daughter-in-law of General George S. Patton.
- **[Bloom: Empowering the Military Teen:](#)** Bloom is proud to be the leading organization dedicated to elevating the authentic voices of military teens. Through content creation, advocacy, and community, we are here to empower, inspire, and connect our peers.

[Website](#)

Military One Source: Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to use this Defense Department-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.

- [Military and Family Support Centers](#): The Military Family Readiness System is a network of programs and services operated by the Defense Department and other federal, state, and community-based agencies and organizations. The Military Family Readiness System promotes military family well-being by offering programs and services that enhance family readiness, resilience and quality of life.
- [Relationship Support](#): Better Relationships within your reach. Find free tools to reinforce relationships with the people you love. All relationships require maintenance – even the good ones – and the logistics of military life can add challenges. We offer several resources to help you keep the bonds in your life strong. From friendships to romantic relationships and parent-child connections, you have expert support to repair rifts and rebuild better.
- [Specialty Consultations](#): Military OneSource provides support from professionally trained consultants online or by phone on a broad range of issues for service members, their families and survivors. Need a little help connecting with your loved ones or navigating through the adoption process? Want to better understand your wounded warrior benefits? Is it time to explore adult disability care for your parents? Eligible members can receive an unlimited number of specialty consultations on a variety of topics.
- [Parenting Resources](#): From first steps to toddler tantrums, or taking care of teens, you've got solid support to help you through each step of your parenting journey. Start here for ready resources that are used and approved by military parents for MilKids of all ages.
- [Adoption and Foster Care](#): The mobile military life isn't a barrier to adoption and foster care. Adoption and foster care agencies understand that military families can provide adopted children with wonderful homes. Adoption and foster care can be great ways to start and grow your family, but there are some aspects to both adoption and fostering that are unique to military life.
- [EFMP & Me](#): Use this tool to maneuver through the Defense Department's network of services and supports for families with special needs.
- [Gold Star and Surviving Family Members](#): As a surviving family member of an active-duty service member, you may be eligible for services that can help you cope, rebuild your life and find your new normal. The Defense Department provides immediate and long-term assistance to help you understand your benefits, connect you with grief counseling, find a financial counselor and more. You're not alone.
- [Transitioning Veterans Consultations](#): Whether you are separating after your first-term enlistment or retiring with more than 20 years of service, transitioning from the military to civilian life can feel overwhelming. Military OneSource is here to help you navigate the resources, benefits and programs available to help you have a successful transition.

- [Financial Support](#): Questions about military finances or legal issues? You have lots of help at hand. Connect with experts, access powerful tools, get practical information and tap into valuable resources from pay charts to personal consultations – at no cost to you.
- [Spouse Employment](#): For America's military spouses, Military OneSource is the place to find practical and proven information and to connect with experts, useful resources and powerful tools for living your best MilLife.

A Hero's Heart is a program of Mental Health Transformation Alliance. Visit our website at <https://mh-ta.com/a-heros-heart>

