

## Resources for Behavioral Health

### Military-Specific Resources for Assistance

1. After Deployment.org - [www.afterdeployment.org/](http://www.afterdeployment.org/)

A resource for service members, veterans, and military families, helping with after-deployment concerns.

2. Brainline Military - [www.brainline.org/military-veterans](http://www.brainline.org/military-veterans)

An online resource for veterans who suffer from a Traumatic Brain Injury or PTSD, and their families.

3. Defense Centers of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury - [www.pdhealth.mil](http://www.pdhealth.mil)

Outreach center for warriors and families to speak confidentially with health consultants 24/7, toll free, about psychological health or traumatic brain injury.

4. Deployment Health Clinic 800-796-9699 - [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.

5. DSTRESS 877-476-7734 - [www.dstrellline.com](http://www.dstrellline.com)

Anonymous marine-to-marine phone and chat support service, that operates 24/7. The DSTRESS line aims to help callers manage stress in all forms, from relationship to deployment issues.

6. Give an Hour - [www.giveanhour.org](http://www.giveanhour.org)

Free mental health services provided to military personnel and families. The organization also posts important resources and information.

7. Marine and Family Services - [www.usmc-mccs.org](http://www.usmc-mccs.org)

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

8. Screening for Mental Health - [www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)

A 24/7 phone and internet based mental health screening service for college students, Military members and their families, and members of the public. Provides online screening with location services of physical offices to seek further assistance.

9. 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 health and traumatic brain injuries using tools, mobile applications, and other innovative technologies.

10. 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.

11. PTSD Coach - <https://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp>

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

12. 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 serves in the military.

13. 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 uninjured Marines and sailors attached or in support of Marine units and their family members; Operates 24/7 call center.

### Military-Specific Resources for Behavioral Health Information

14. American Red Cross Service to the Armed Forces (SAF) Program - [www.redcross.org/find-help/military-families](http://www.redcross.org/find-help/military-families)

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

15. 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.

16. 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.

17. 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.

18. The Docs (online version) -  
[http://www.issuu.com/navymedicine/docs/the\\_docs\\_full\\_compressed](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.

19. DOD Safe Helpline 877-995-5247 - <https://rainn.org/dod-safe-helpline>

DOD Safe Help line is a crisis support service specifically 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, any time, anywhere.

Safe Helpline staff members have been trained to answer questions related to military specific topics such as Restricted and Unrestricted Reporting and how to connect with relevant military resources, such as installation or base's Sexual Assault Response Coordinator (SARC), should those services be requested.

20. Deployment Health Clinic 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 support.

21. 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 to help with communication and resilience building.

22. 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.

23. 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.

24. National Domestic Violence Hotline 800-799-SAFE (7233) - [www.ndvh.org](http://www.ndvh.org)

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

25. 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.

26. National Sexual Assault Hotline 800-656-HOPE (4673) - <http://www.rainn.org/get-help/national-sexual-assault-hotline>

Trained volunteers confidentially help victims of rape, abuse, and incest. National Network (RAINN)- affiliated national crisis centers; calls are routed by area code through RAINN system to local community centers.

27. Naval Center for Combat & Operational Stress Control (NCOSC) - [www.med.navy.mil/sites/nmcids/nccosc](http://www.med.navy.mil/sites/nmcids/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.

28. Navy-Marine Corp Relief Society - <http://www.nmcrs.org/>

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

29. Navy and Marine Corps Public Health Center's "Minding your Mental Health" - [www.nmcphc.med.navy.mil/healthy\\_living/psychological\\_health](http://www.nmcphc.med.navy.mil/healthy_living/psychological_health)

Contains information on deployment, health, and healthcare for service members, veterans, their families, and healthcare providers.

30. Operation Healthy Reunions - [www.nmha.org/reunions/resources.cfm](http://www.nmha.org/reunions/resources.cfm)

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

31. PDHealth - [www.pdhealth.mil](http://www.pdhealth.mil)

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

32. Post Deployment Users Guide - [www.med.navy.mil/sites/nmcscd/nccosc/postdeploymentusersguide/navy.htm](http://www.med.navy.mil/sites/nmcscd/nccosc/postdeploymentusersguide/navy.htm)

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

33. Real Warriors - [www.realwarriors.net](http://www.realwarriors.net)

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

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

Active duty, retirees, and their families can find the nearest MTF.

35. Vet Centers - [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

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

Find a vet center hotline: 800-905-4675 (Eastern) 800-496-8838 (Pacific)

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

### Civilian Resources for Behavioral Health Information

36. 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.

37. 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.

38. 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 demonstration that prevention works, treatment is effective, and people recover from mental and substance use disorders.

39. This Emotional Life - [www.pbs.org/thisemotionallife](http://www.pbs.org/thisemotionallife)

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

40. WebMD Drugs and Medication Center - [www.webmd.com/drugs](http://www.webmd.com/drugs)

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