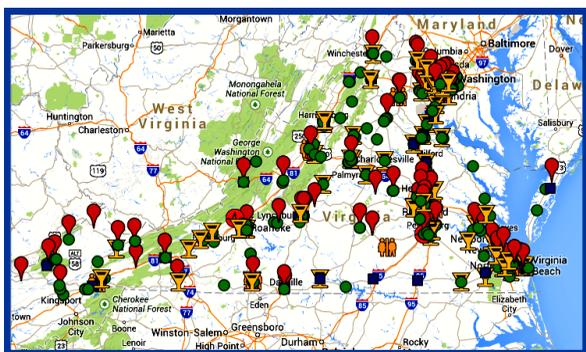


VIRGINIA RESOURCES

https://mapsengine.google.com/map/edit?mid=zwD6LoJVjvSE.k1rYLpb_M5v0



Find help near you with the ease and convenience of using Google Maps

Veterans Centers, Peer Counseling
ARNG Family Assistance Centers
Crisis Counseling, Hospitals and Clinics
Behavioral Health clinics, Food Banks
Substance Abuse Treatment
Domestic Violence Shelters

 **VIRGINIA 2-1-1**
Dial 2-1-1 on your phone for local help with food, housing, employment, health care, counseling and more.
<http://www.211.org/>,
(800) 230-6977


Policies, procedures, timely articles, cutting-edge social media tools, and support related to Families, deployment, finances, substance use, etc.. Up to 12 hours non-medical counseling with a local counselor.
www.militaryonesource.com/
800-342-9647

MILITARY and VETERAN

Veterans Administration,
<http://www.va.gov/>

 Available 24/7, Veteran Peers connect Service members and their families to the resources and support they need to achieve their goals, manage stress, and build resilience. **855-838-8255**

<http://militaryconnectnetwork.com/>,



Virginia Wounded Warrior Program
Virginia Department of Veterans Services
VWVP Serves veterans of any era who are Virginia residents (you do not have to be 'wounded'); Open to Veterans, All Guard or Reserve and Family members, assisting with psychological health and traumatic brain injury, housing, financial, local support groups and access to care. **877-285-1299**

www.WeAreVirginiaVeterans.org,

Veterans Centers in Virginia provide readjustment counseling and care for veterans and family members. <http://www.va.gov/directory/guide/state.asp?State=VA&dnum=ALL&v=1>
1-877-WAR-VETS


Promote building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.
<http://realwarriors.net/>, **1-866-966-1020**


Provides coaching and support to Soldiers receiving mental health care while going through a change in status, relocation or return to civilian life.
<http://www.health.mil/inTransition>,
1-800-424-7877

 online portal sponsored by the Veterans Administration for Veterans, Service Members, and Families to research, find, access, and manage such things as the GI Bill, disability, records requests, medical benefits and dependent status.
<https://www.ebenefits.va.gov/ebenefits/>



Connecting Veterans and their friends and family members with information, resources, and solutions to issues affecting their lives.
<http://maketheconnection.net/>

T2 Virtual PTSD Experience is an immersive, interactive learning experience based on Second Life designed to educate visitors about combat-related post-traumatic stress disorder (PTSD). The environment includes information to help visitors determine whether they or a loved one is in need of care, and how to access that care.
<http://www.t2.health.mil/vwproj/>


Provides self-care solutions targeting post-traumatic stress, depression, substance abuse, suicide and other behavioral health challenges commonly faced after a deployment.
<http://afterdeployment.t2.health.mil/>


Connecting Wounded Warriors, Service Members, Veterans, Their Families and Caregivers with Those Who Support Them.
Connects Soldiers and families to national, state and local programs and services. www.nrd.gov,
(800) 342-9647

Where do you go for help when facing life's challenges?



Resources to Help Soldiers and Families Revive, Survive, and Thrive

Grief and Loss - PTSD/TBI
Unemployment - Financial Stress
Alcohol and Drugs - Relationships
Bankruptcy - Sexual Assault
Post Deployment - Parenting
Suicide - Crisis Intervention

Produced by
Resilience, Risk Reduction and
Suicide Prevention (R3SP) Program



Crisis Intervention



1-800-273-TALK CrisisLink brings immediate help, hope, and healing to empower individuals facing serious life challenges, **suicidal thoughts**, emotional or situational problems.
<http://crisislink.org/>



<http://veteranscrisisline.net/>

Employment

 H2H offers Reserve Component service members access to military friendly companies, career exploration tools, military-to-civilian skills translations, education and training resources, as well as a mobile app. www.H2H.jobs

 Facilitates positive relationships between National Guard/Reserve members and their employers; increases awareness of applicable laws and policies; resolves service member/employer conflicts; <http://www.esgr.mil/Contact/Local-State-Pages/Virginia.aspx>

Job Connection Education Program (JCEP) helps Guard and Reserve Service Members and their spouses find employment and careers. <http://jcep.info/>

 IVET Increases employment for those with military service and helps them achieve work-life balance as they transition to the workforce. <http://www.ivetsolutions.org>

Family



Provides Soldiers and Families with the financial, emotional, household and health benefits support needed to maintain and become self-sufficient.

<https://www.jointservicesupport.org/FP/Family.aspx>,
<https://www.facebook.com/VaNationalGuard#!/VaGuardFamilyPrograms>

Virginia Family Assistance Centers One stop assistance for such things as TRICARE, DEERS, ID Cards, financial and legal assistance, Community Outreach/referral and Crisis Intervention. FAC Coordinator: **804-236-7859**, **Emergency Hotline: 800-542-4028**

<http://military.tutor.com/> Get homework and studying help from a professional tutor any time you need it. FREE for students in National Guard families. Expert tutors are online 24/7 and available to help in more than 16 subjects.

Substance Abuse

Virginia Army National Guard Substance Abuse Program provides referral services to Soldiers and Families needing support with substance use and abuse concerns. **434-298-5363/6339**

Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. **1-800-622-HELP (4357)**
http://findtreatment.samhsa.gov/locator_classic

Financial

Virginia National Guard Foundation, Inc Provides no interest loans to Virginia Guard Members, their families, and full time employees experiencing financial difficulties. 804-714-4100, VANGFINC@gmail.com

Military OneSource Financial Planning.
<http://www.militaryonesource.mil/pfm>

Sexual Assault

 Provides live, one-on-one support and information that is confidential, anonymous, secure, and available worldwide, 24/7— anytime, anywhere.
www.safehelpline.org, **877-995-5247**

DoD Safe HelpRoom Peer-to-Peer support which allows sexual assault survivors in the military to connect with one another in a moderated and secure online environment.
www.SafehelpRoom.org

Suicide



Defense Suicide Prevention Office

Links to resources and official prevention pages of different military organizations.
<http://www.suicideoutreach.org/>

Virginia Army National Guard Suicide Prevention Program. Education, intervention and post-event care. **(434) 298-6149**



AMERICAN FOUNDATION FOR Suicide Prevention

Promotes understanding and preventing suicide through research, education and advocacy.
<http://www.afsp.org/> **1-888-333-AFSP (2377)**

Behavioral Health

National Guard Psychological Health Program Provide behavioral health services and resources to Soldiers including assessment, clarification of benefits, case management and referral, commander consultations, advocacy and education. **434-292-2402**,
<http://www.ngphp.com/>



Licensed mental health professionals provide free counseling services, for as long as help is needed, to members of the military, veterans, and their loved ones.

www.giveanhour.org

Defense Centers for Excellent Outreach Center 24/7 Help to Soldiers and Families for Psychological Health and Traumatic Brain Injury Issues. resources@dcoeoutreach.org,
<http://www.dcoe.mil/Families/Help.aspx>,
866-966-1020

Grief and Loss



TAPS is 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

<http://www.taps.org/>, **800-959-8277**



Survivor Outreach Services is the official Army program designed to provide long term support to surviving Families of Fallen Soldiers. **866-272-5841**,
<http://www.sos.army.mil/>
ALTFCM@conus.army.mil