

# RESOURCES FOR VETERANS

## Returning-veteran support

Adjusting to civilian life can be a challenge for returning service member, colleagues, and loved ones. Understanding the challenges and turning to supportive resources can help make the experience better. These links may be of help.

### American Psychological Association

[www.apa.org/pi/about/publications/caregivers/resources/veterans.aspx](http://www.apa.org/pi/about/publications/caregivers/resources/veterans.aspx)

Find a list of links to agencies and support resources for service members, veterans, families, and loved ones.

### Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

[www.dcoe.health.mil](http://www.dcoe.health.mil) or [www.realwarriors.net](http://www.realwarriors.net)

A part of the Military Health System, DCoE works to promote resilience, rehabilitation and reintegration for warriors, families, and veterans with psychological health concerns and traumatic brain injuries.

### Defense and Veterans Brain Injury Center

<http://dvbic.dcoe.mil>

A segment of DCoE, DVBIC has physical locations around the country, plus extensive online information and resources.

### Employer Support of the Guard and Reserve

[www.esgr.mil](http://www.esgr.mil)

ESGR is a Department of Defense office established to promote cooperation and understanding between Reserve Component service members and civilian employers.

### Iraq and Afghanistan Veterans of America

[www.iava.org/index.php](http://www.iava.org/index.php)

Supporting and empowering our newest vets.

### Military One Source

[www.militaryonesource.mil](http://www.militaryonesource.mil)

Information and resources to help deal with the unique aspects of military life.

### NAMI Homefront

[www.nami.org](http://www.nami.org)

The National Alliance on Mental Illness has adapted its Family to Family Education program to serve family, caregivers, and friends of military service members and veterans living with mental illness.

### National Center for PTSD

[www.ptsd.va.gov/public/index.asp](http://www.ptsd.va.gov/public/index.asp)

Learn what PTSD is and how it can be treated.

### U.S. Department of Veterans Affairs: Mental Health

[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

Information, resources, and links to programs for veterans and their families, including substance use disorder, PTSD, and suicide prevention.

### Veterans Crisis Line

1-800-273-8255 then press 1

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Professionally trained clinical staff. Can give referrals to other services, such as substance abuse treatment, marriage counseling, treatment for depression, and PTSD.

### National Suicide Prevention Lifeline

1-800-273-TALK (also chat on website)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Spanish language line 1-888-628-9454. Funded by the U.S. Department of Health and Human Services

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