



# Veterans, getting help is easier than ever before...

*You fought for the American way of life. Now improve your quality of life by getting the help you need. Referrals and information on mental health, substance abuse, and other services for you and your family are now available, many of them anonymous, many of them free of charge.*

## Key Resources

- Veterans' Health Benefits information  
1-800-827-1000  
[www1.va.gov/health/index.asp](http://www1.va.gov/health/index.asp)
- Department of Veterans Affairs Facilities Locator and Directory  
[www1.va.gov/directory/guide/home.asp](http://www1.va.gov/directory/guide/home.asp)
- National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## Treatment Locators

Call SAMHSA's 24-hour referral helpline for substance abuse and mental health services at 1-800-662-HELP (4357), or find treatment online.

- SAMHSA's Substance Abuse Treatment Facility Locator  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
- SAMHSA's Mental Health Services Locator  
[www.mentalhealth.samhsa.gov/databases](http://www.mentalhealth.samhsa.gov/databases)



## Information and Referral Services

*SAMHSA Veteran Resource page*  
[www.samhsa.gov/vets](http://www.samhsa.gov/vets)

### *Military OneSource*

A 24/7 resource for military personnel and their families on a variety of topics, including health, legal, and family concerns.

1-800-342-9647

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

### *America's Heroes at Work*

An online resource from the U.S. Department of Labor designed to help employers in their employment of veterans with traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD), two increasingly common battlefield conditions.

[www.americasheroesatwork.gov](http://www.americasheroesatwork.gov)

### *DisabilityInfo.gov*

A collaboration among 22 Federal agencies, with information on cross-cutting issue areas including employment, benefits, housing, transportation, health care, education, civil rights, and technology.

[www.disabilityinfo.gov](http://www.disabilityinfo.gov)



by visiting [samhsa.gov/enetwork](http://samhsa.gov/enetwork).

SAMHSA's eNetwork is your personal link to SAMHSA for the latest news about publications and other resources.



### VA Bereavement Counseling

No-cost assistance and support to parents, spouses, and children with emotional and psychological stress after the death of a loved one who died in the service of their country.

1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific)

[www.va.gov/rcs](http://www.va.gov/rcs) and [www.vetcenter.va.gov/bereavement\\_counseling.asp](http://www.vetcenter.va.gov/bereavement_counseling.asp)

### Post-traumatic Stress Disorder (PTSD)

Anyone can develop PTSD if they have experienced, witnessed, or participated in a traumatic occurrence—especially if the event was life threatening. The psychological damage such incidents cause can interfere with a person’s ability to hold a job or to develop relationships with others. The symptoms of PTSD can range from constantly reliving the event to a general emotional numbing. Persistent anxiety, exaggerated startle reactions, difficulty concentrating, nightmares, and insomnia are common. Treatment can help people with PTSD regain a sense of control over their lives (source: SAMHSA’s Center for Mental Health Services).

#### *National Center for PTSD*

Provides fact sheets, guides, and treatment information on PTSD and stress-related disorders from the VA.

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

#### *Anxiety Disorders Association of America*

Provides information including a self-test for PTSD, and treatment information on PTSD and other anxiety disorders.

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

### Traumatic Brain Injury (TBI)

TBI is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Causes of TBI include bullets, fragments, and blasts, which are a leading cause of TBI for military personnel in war zones (source: *TBI Awareness and Prevention Fact Sheet*, Defense and Veterans Brain Injury Center June/07).

#### *Defense and Veterans Brain Injury Center (DVBIC)*

Provides educational materials for the prevention and management of TBI, as well as advanced evaluation, treatment, and follow-up care.

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

### Suicide Prevention and Trauma Publications

To order these and other publications, contact SAMHSA’s Health Information Network (SHIN) at 1-877-SAMHSA-7 (1-877-726-4727) or order online at [www.samhsa.gov/shin](http://www.samhsa.gov/shin).

VA07-SPBRO	Veterans Affairs Suicide Prevention Hotline Brochure
VA07-SPWC	Veterans Affairs Suicide Prevention Wallet Card
SVP05-0125	National Suicide Prevention Lifeline Magnet
NMH05-0209	Tips for Survivors of a Traumatic Event: Managing Your Stress During a Disaster
NMH02-0139	Tips for Survivors of a Traumatic Event: What to Expect in Your Personal Family, Work, and Financial Life
SMA-3717	Recovering Your Mental Health: Dealing With the Effects of Trauma—A Self-Help Guide

*This document is only a partial list of the services available, and is not intended to be taken as comprehensive.*