



Resources for Warriors and Families of the National Guard and Reserve

Members of the National Guard and Reserve face unique challenges balancing military service with civilian life. The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) assesses, validates, oversees and facilitates prevention, resilience, identification, treatment, outreach, rehabilitation and reintegration programs for psychological health and traumatic brain injury. Below are some great resources from military, government and community programs that are specifically for Guardsmen and Reservists!

24/7 Help – Help When You Need it Most

DCoE Outreach Center

Trained health professionals are available to answer individual questions and help you navigate through the vast array of resources on psychological health and traumatic brain injury.

Phone: 866-966-1020

E-mail: resources@dcoeoutreach.org

Live chat: www.dcoe.health.mil/24-7help.aspx.

National Suicide Prevention Lifeline

If you or a loved one is in immediate danger of hurting yourself or others, immediately contact:
1-800-273-TALK (8255)



U.S. Air Force photo by Staff Sgt. Alex Koenig

Key Websites

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury
www.dcoe.health.mil

Real Warriors Campaign:

www.realwarriors.net/guardreserve

- * **Service-Specific Information and Resources:**
www.militaryonesource.com/MOS/NGandReserveGateway.aspx
- * **State and Local Resources for Recovery, Rehabilitation and Community Reintegration:**
www.nationalresourcedirectory.org
- * **Mental Health Services Locator (by state & region)**
www2.va.gov/directory/guide/home.asp?isFlash=1
- * **Rural Health and Human Services Information:**
www.raonline.org
- * **Army Reserve Family Programs**
www.arfp.org/skins/ARFP/home.aspx?mode=user
- * **Helping Children Cope with Deployment:**
www.sesamestreetfamilyconnections.org
- * **Wounded Warrior Resources and Services:**
www.woundedwarriorresourcecenter.com
- * **Post-Deployment Wellness:**
www.afterdeployment.org
- * **Deployment Health Clinical Center – Reserve Component Resource Center:**
www.pdhealth.mil/reservist/default.asp
- * **Success in the Workplace for Service Members Living with PTSD and TBI:**
www.americasheroesatwork.gov/
- * **Helping National Guard and Reserve Reenter the Workplace:**
www.usuhs.mil/psy/GuardReserveReentryWorkplace.pdf
- * **Substance Abuse and Mental Health:**
www.samhsa.gov/vets/index.aspx