

Resources for Warriors and Families

24/7 Help — Help When You Need it Most

DCoE Outreach Center

Trained health professionals are available to answer your 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 a life threatening position, immediately contact the National Suicide Prevention Lifeline, veterans press 1.

Phone: 800-273-TALK (8255)

Key Websites

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

www.dcoe.health.mil

Real Warriors Campaign: Resources and tools for combat stress and TBI

www.realwarriors.net

Helping Children Cope with Deployment

www.sesamestreetfamilyconnections.org

Helping National Guard & Reserve Reenter the Workplace

www.usuhs.mil/psy/GuardReserveReentryWorkplace.pdf

Mental Health Coaching and Support Program for Warriors in Transition

www.health.mil/InTransition/default.aspx

Mental Health Services Locator

www2.va.gov/directory/guide/home.asp?isFlash=1

Psychological Health in a Primary Care Setting

<http://www.pdhealth.mil/respect-mil/index.asp>

Post-Deployment Wellness

www.afterdeployment.org

Pre- and Post- Deployment Health Clinical Center

www.pdhealth.mil

Rural Health and Human Services Information

www.raconline.org

Sexual Assault Resources

www.rainn.org

State and Local Resources for Recovery, Rehabilitation and Community Reintegration

www.nationalresourcedirectory.org

Success in the Workplace for Service Members Living with PTSD and TBI

www.americasheroesatwork.gov

Substance Abuse and Mental Health

www.samhsa.gov/vets/index.aspx

Traumatic Brain Injury Resources

www.dvbic.org

Wounded Warrior Resources and Services

www.woundedwarriorresourcecenter.com

