

The screenshot shows the homepage of the National Suicide Prevention Lifeline. It features a top navigation bar with links for 'Get Help', 'About Us', 'FAQs', and 'Crisis Center Login'. Below this is a main content area with sections for 'National Suicide Prevention Lifeline' and 'With Help Comes Hope'. It includes a 'Help Line' section with contact information (1-800-273-TALK) and a 'Crisis Center Locator' map. There's also a 'Lifeline Gallery' with a video player showing a person sitting outdoors.

National Suicide Prevention Lifeline

Stay Army Strong! 5 Great Resources.



National Suicide Prevention Lifeline: 24/7 Crisis Assistance

www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline is a **24-hour, toll-free, confidential hotline available to anyone dealing with suicidal thoughts or emotional stress**. The site lists suicide warning signs, what to do if a friend needs help, information about when and why to call, who should call and who will pick up the phone at the other end. The network consists of local crisis centers, counselors and mental health referrals.

The screenshot shows the homepage of MilitaryOneSource.com. It features a top navigation bar with links for 'Home', 'About', 'Find Information', 'Tools', and 'Online Community'. A prominent '1.800.342.9647' phone number is displayed. The main content area includes sections for 'Private Help 24/7', 'TAX FILING SERVICES', 'ONLINE LIBRARIES', and 'BLOG BRIGADE'. There are also links for 'Army', 'Army National Guard', 'Army Reserves', and 'Army Air Force Exchange'.

Military OneSource



Military OneSource: Free and Confidential, Army Family Resources

www.militaryonesource.com

Military OneSource assists servicemembers and their Families with any needs that come up in life including information about health and relationships, family and recreation and financial and legal help. **This service is free, confidential and offered online or by phone to active-duty, reserve and National Guard Soldiers.**

The screenshot shows the homepage of RealWarriors.net. It features a top navigation bar with links for 'ACTIVE DUTY', 'NATIONAL GUARD & RESERVE', 'VETERANS', 'FAMILIES', and 'HEALTH PROFESSIONALS'. A large banner image shows two individuals in military uniforms. The main content area includes sections for 'FEATURED ARTICLES', '24/7 HELP', and 'IN THE NEWS'. There are also links for 'ABOUT US', 'MULTIMEDIA', and 'IN THE NEWS'.

Real Warriors



Real Warriors: 24/7 Reintegration Assistance

www.realwarriors.net

Real Warriors offers **24/7 help**, allowing individuals to choose between a **phone call or live chat**. The site focuses on building resiliency, facilitating recovery and supporting reintegration of all servicemembers, veterans and their Families. The campaign fights to eliminate the stigma associated with seeking help and encourages servicemembers to use available resources. Real Warriors also offers information to assist servicemembers and their Families with issues before, during and after deployments.

The screenshot shows the homepage of AfterDeployment.org. It features a top navigation bar with links for 'Service Members', 'Veterans', 'Families', and 'Providers'. A search bar and social media links are also present. The main content area includes sections for 'Assess Yourself', 'Real Strength in Action', and 'Poll'. There are also links for 'Assess Yourself', 'Assessment Video', and 'Poll'.

AfterDeployment.org



AfterDeployment.org: Resources for Specific Challenges

www.afterdeployment.org

AfterDeployment.org is a behavioral health resource that supports servicemembers, Families and veterans with **post-deployment challenges**. This site links visitors with a variety of resources including dealing with post-traumatic stress, depression and anger issues, traumatic brain injury and alcohol and drug dependency. The site will soon host a **self-assessment page**, which will guide individuals to **helpful resources to deal with their specific issues**.

The screenshot shows the homepage of the U.S. Army Suicide Prevention website. It features a top navigation bar with links for 'HOME', 'NEWS', 'AUDIO/VIDEO', 'IMAGES', 'INSTITUTION', 'ARMY LIFE', 'OUTREACH', 'A-Z', and 'AKO'. A search bar and social media links are also present. The main content area includes sections for 'Suicide Prevention' and 'Working to Eliminate the Stigma of Seeking Help'.

U.S. Army Suicide Prevention



U.S. Army Suicide Prevention: Life-Saving Resources

www.preventsuicide.army.mil

This Army G-1 resource has compiled some of the best tool kits, crisis intervention information and help line resources available. Also included are official Army and DoD policies, directives and regulations; training materials; frequently asked questions; and essential web links.