

# List of Resources

- ❑ National Suicide Prevention Lifeline: 1-800-273-TALK (8255) – [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- ❑ Military Crisis Line: 1-800-273-8255, Press 1
- ❑ Military OneSource: 1-800-342-9647 - [www.militaryonesource.com](http://www.militaryonesource.com)
- ❑ Military Pathways: 1-877-877-3647 - [www.militarymentalhealth.org](http://www.militarymentalhealth.org)
- ❑ Signs of Suicide (SOS) Military Program : [www.mentalhealthscreening.org/military/index.aspx](http://www.mentalhealthscreening.org/military/index.aspx)
- ❑ Chaplains: [www.army.mil/info/organization/chaplaincy](http://www.army.mil/info/organization/chaplaincy)
- ❑ Office of the Chief of Public Affairs: [www.us.army.mil/suite/page/216363](http://www.us.army.mil/suite/page/216363)
- ❑ Army Family Medical Life Counselors
- ❑ Family Readiness Groups
- ❑ Real Warriors Campaign: 1-866-966-1020 - [www.realwarriors.net](http://www.realwarriors.net)
- ❑ Wellness Resources for the Military Community - [www.afterdeployment.org](http://www.afterdeployment.org)
- ❑ TAPS (Tragedy Assistance Program for Survivors): 1-800-959-TAPS (8277) - [www.taps.org](http://www.taps.org)
- ❑ TRICARE (now offering remote and web-based counseling in CONUS): 1-800-600-9332 (CONUS) – [www.tricareonline.com](http://www.tricareonline.com)

# List of Resources (cont)

- ❑ Warrior and Family Assistance Center (WFAC): 1-800-436-6290 - [www.arfp.org/WFAC](http://www.arfp.org/WFAC)
- ❑ National Guard's Director of Psychological Health Program:  
<http://www.realwarriors.net/guardreserve/treatment/NGPHP.php>
- ❑ Vets4Warriors – 1-855-838-8255: [www.Vets4Warriors.com](http://www.Vets4Warriors.com)
- ❑ Give an Hour: [www.giveanhour.org](http://www.giveanhour.org)
- ❑ DCoE Outreach Center For Psychological Health and Traumatic Brain Injury Information and Resources: 1-866-966-1020 Connect with the Community Suicide affects every state, community, and demographic group. Don't go it alone. Identify organizations and opportunities in your community.
- ❑ Organizations that can give you ideas and information on local activities include:
  - American Association of Suicidology - [www.suicidology.org](http://www.suicidology.org)
  - American Foundation for Suicide Prevention - [www.afsp.org](http://www.afsp.org)
  - Suicide Prevention Resource Counsel - [www.sprc.org](http://www.sprc.org)
- ❑ You have great value! Share your positive story on [www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)