

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.

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.**

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.

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.**

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.



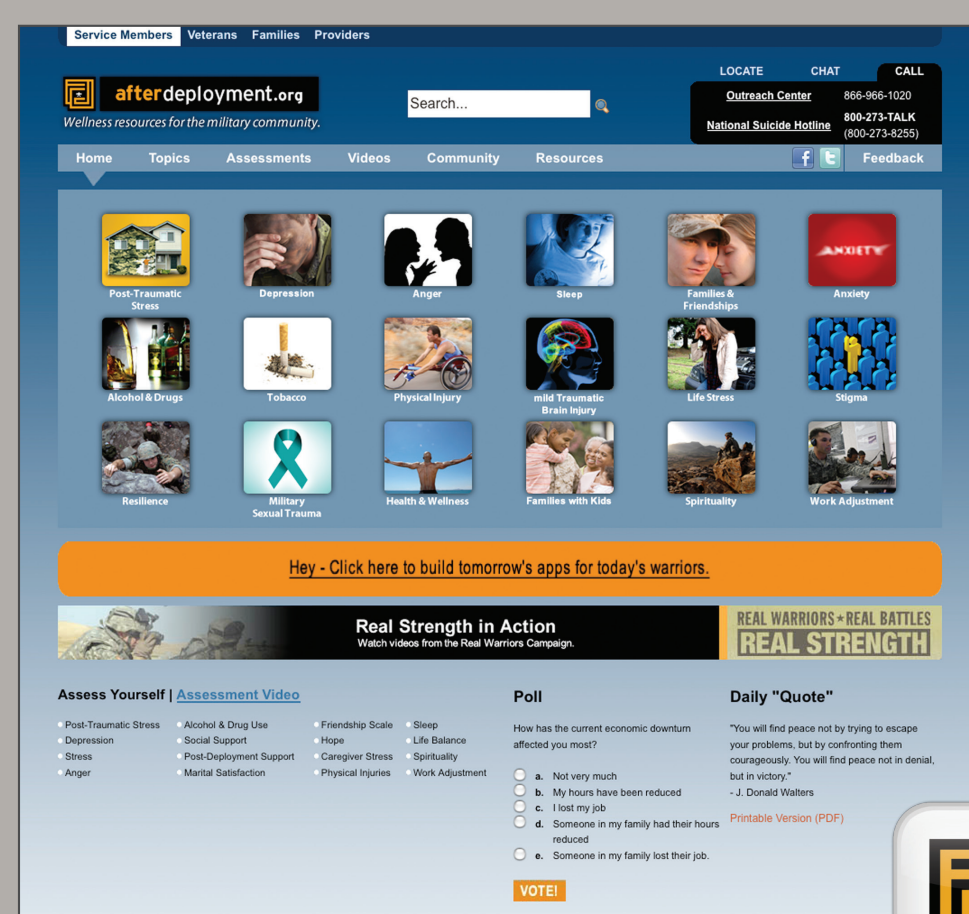
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