



7. REAL SUPPORT & CRISIS RESOURCES



Support for active-duty military, veterans, spouses, caregivers, and families.

You don't have to carry everything alone. Help is here when you need it.



VETERANS CRISIS LINE

24/7 confidential crisis support for Veterans, service members, National Guard, Reserve members, and their families.

- Dial **988** then **Press 1**
- Text **838255**
- Chat online at: **VeteransCrisisLine.net**



MILITARY ONESOURCE

Free confidential support, counseling resources, financial guidance, relationship support, and wellness services.

MilitaryOneSource.mil



WOUNDED WARRIOR PROJECT

Mental wellness programs, peer support, veteran resources, and family support services.

WoundedWarriorProject.org



COHEN VETERANS NETWORK

Provides affordable mental health care for veterans, active-duty service members, and military families.

CohenVeteransNetwork.org



NATIONAL CENTER FOR PTSD

Education, coping tools, self-help resources, and PTSD information for veterans and families.

PTSD.va.gov



GIVE AN HOUR

Free mental health support from volunteer mental health professionals supporting military communities.

GiveAnHour.org



BLUE STAR FAMILIES

Support programs and community resources for military spouses, children, and families.

BlueStarFamilies.org



TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)

Support for families grieving the loss of a military loved one.

TAPS.org



YOU ARE NOT ALONE.



Healing takes time.



Rest is important.



Support matters.



Your story matters too.



IN IMMEDIATE DANGER?



Call 911 or go to your nearest emergency room.