



Support Resources

Crisis Support:

Call 911

Go to your nearest Emergency Room

Contact the Veterans Crisis Line by phone (1-800-273-8255), text (838255), or chat.

Behavioral Healthcare Services:

Military OneSource

<https://www.militaryonesource.mil/>

DOD resource for Service Members provides information and short-term, non-medical counseling by telephone, online or in the community.

VA Facility Locator

<https://www.va.gov/directory/guide/home.asp>

Locate a VA facility near you for behavioral healthcare services and support.

DoD Outreach Center for Psychological Health and Traumatic Brain Injury

<https://www.usar.army.mil/DCOE-TBI/>

Service Members and Veterans can connect via web, phone (1-866-966-1020) or email (resources@dcoeoutreach.org).

Behavioral Health Treatment Service Locator (SAMHSA)

<https://findtreatment.samhsa.gov>

Find community mental health treatment facilities and programs in your area for adults, families and children.

Contact your base or installation's family support or behavioral health services.