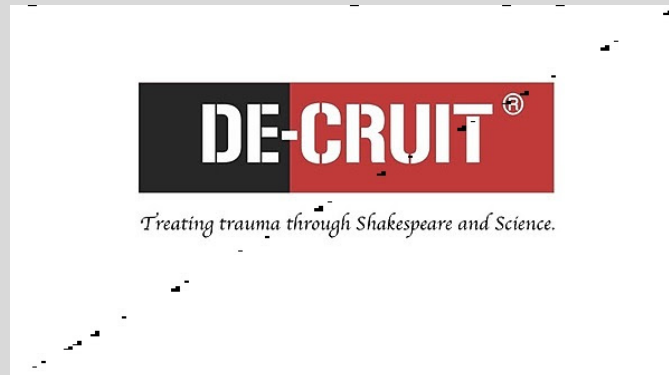

Resources for Veterans' Mental Health

Thu, Aug 19, 2021 at 9:45 AM



Offering Resources to Use or Share.

We are providing some guidance from the VA on resources for any Veterans, family or survivors of war zones during this troubling time.

Also, we will be offering more DE-CRUIT courses this fall. One course through our partners at Amphibian Stage Productions in Fort Worth, TX and a course through the Bronx VA. But more on those anon.

[If You'd Like to Support DE-CRUIT](#)



Veterans from all eras are reacting to the events in Afghanistan, such as the U.S withdrawal and the takeover by the Taliban.

You are not alone.

Veterans may question the meaning of their service or whether it was worth the sacrifices they made. They may feel more moral distress about experiences they had during their service. It's normal to feel this way. Talk with your friends and families, reach out to battle buddies, connect with a peer-to-peer network, or sign up for mental health services. Scroll down for a list common reactions and coping advice.



Resources available right now

Veterans Crisis Line - If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 or visit <http://www.veteranscrisisline.net/>

For emergency mental health care, you can also go directly to your local VA medical center 24/7 regardless of your discharge status or enrollment in other VA health care.

Vet Centers - Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans. Call 1-877-927-8387 or find one near you.

VA Mental Health Services Guide - This guide will help you sign up and access mental health services.

MakeTheConnection.net - information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues.

RallyPoint - Talk to other Veterans online. Discuss: What are your feelings as the

Taliban reclaim Afghanistan after 20 years of US involvement?

Download VA's self-help apps - Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.

Tragedy Assistance Program for Survivors (TAPS) - Request a Peer Mentor

VA Women Veterans Call Center - Call or text 1-855-829-6636 (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)

VA Caregiver Support Line - Call 1-855-260-3274 (M-F 8AM - 10PM & SAT 8AM - 5PM ET)

George W. Bush Institute - Need help or want to talk? Check In or call:1-630-522-4904 or email: checkin@veteranwellnessalliance.org

Elizabeth Dole Foundation Hidden Heroes - [Join The Community](#)

Team Red, White & Blue - Hundreds of events weekly. [Find a chapter in your area](#)

Student Veterans of America - [Find a chapter in your area](#)

Team Rubicon - Find a local support squad. [Find a local support squad](#)

Pathfinder - created to ease military Veteran transitions back into civilian life. We give Veterans and their friends and family members a way to rate, review, and connect with local community resources. [For More Information Visit Here](#)

Veteran-Founded Organizations Using the Arts to Heal

Women Veterans Empowered and Thriving - Veteran-founded, Veteran-run. A reintegration program for women veterans that utilizes writing and performance to empower them to thrive in their daily life. Find out more [HERE](#)

Exit 12 Dance Company- Veteran-founded, Veteran-run is a contemporary dance company committed to creating and performing works of high cultural significance that inspire conversations about world differences and the lasting effects of violence and conflict on communities, families, and individuals. Learn more about EXIT 12 [HERE](#)

DE-CRUIT-Treating Trauma Through Shakespeare & Science Veteran Founded & Veteran Run. For More information visit our website [HERE](#)

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