



Resources for Stressors



National Crisis Hotline: 9-8-8

FINANCIAL HARDSHIP

- AuntBertha.com
- Military One Source
<https://www.militaryonesource.mil/>
- Veteran's organizations for grants: VFW, American Legion, etc.
- Army Emergency Relief, 866-878-6378
- Many local banks offer financial counseling

RELATIONSHIPS

- Unit Ministry Team
- Military Family Life Counselors
- Unit Master Resilience Trainer (MRT) skills

HOMELESSNESS

- AuntBertha.com
- Veteran Centers
<https://www.vetcenter.va.gov>
- United Way (Dial 2-1-1)

FREE TRAINING: COUNSELING ON ACCESS TO LETHAL MEANS

- <https://zerosuicidetraining.edc.org>

UNEMPLOYMENT

- Public Private Partnership Office
<https://www.usar.army.mil/P3/>
- Local department of social services
- U.S. Department of Labor
www.dol.gov/agencies/vets
- Hiring Our Heroes www.hiringourheroes.org
- Veteran's Centers <https://www.vetcenter.va.gov>

SUBSTANCE ABUSE

- Army Substance Abuse Program (ASAP)
https://sr2.army.mil/PROD_PUBLIC/index.jsp
- Employee Assistance Program
<https://xtranet/usarc/g1-ssd/EAP/SitePages/Home.aspx>
- Substance Abuse and Mental Health Services Administration (SAMHSA), 800-662-4357
www.samhsa.gov/find-help/national-helpline

FREE TRAINING ON SUICIDE PREVENTION:

<https://suicide-prevention-training.teachable.com/p/4r-suicide-prevention-training>

MEDICAL CARE NEEDS

- Tricare Reserve Select
<https://tricare.mil/Costs/Compare>
Member only \$46.70 monthly
 - Member+Family \$229.99 monthly
- Cohen Veteran's Network – Mental Health care, low/no-cost
<https://www.cohenveteransnetwork.org/>
- Give an Hour – Free mental health care for qualified Soldiers and Family members www.giveanhour.org

LACK OF COPING SKILLS

- Unit MRT skills training
- Cohen Veteran's Network, low/no-cost counseling regardless of status
<https://www.cohenveteransnetwork.org/>
- USAR Psychological Health Program, tailored training sessions for commands and Soldiers
<https://www.usar.army.mil/PHP/>
- Army Resilience Directorate
www.armyresilience.army.mil