

+ SUPPORTIVE RESOURCES

Military veterans

Reintegrating into civilian life can be a challenge for returning service members, colleagues and loved ones. Understanding the challenges and turning to supportive resources can help make the experience better. These links may be of help.

Military OneSource

www.militaryonesource.mil

Information and resources to help deal with the unique aspects of military life.

Military Health System: Psychological Health Center of Excellence

www.realwarriors.net

A part of the Military Health System, DCoE works to promote resilience, rehabilitation and reintegration for warriors, families, and veterans with psychological health concerns and traumatic brain injuries.

Psychological Health Resource Center

www.health.mil/PHRC

866-966-1020

Free service available 24/7 by phone, online chat, or email. Psychological health information and resources related to combat stress, depression, reintegration, treatment and other concerns for service members, veterans, and family members.

Military Health System: Traumatic Brain Injury Center of Excellence

www.health.mil/TBICOE

Find extensive information and resources for patients and families.

Employer Support of the Guard and Reserve

www.esgr.mil

ESGR is a Department of Defense office established to promote cooperation and understanding between Reserve Component service members and civilian employers.

Iraq and Afghanistan Veterans of America

www.iava.org/index.php

Supporting and empowering our newest vets.

NAMI Support

www.nami.org/Find-Support/Veterans-and-Active-Duty

Support and education for veterans, service members, and those who care about them. Includes link to NAMI Homefront education program for families, friends and caregivers.

National Center for PTSD

www.ptsd.va.gov/index.asp

Gain a better understanding of what PTSD is, how it can be treated, and resources that can help.

U.S. Department of Veterans Affairs: Mental Health

www.mentalhealth.va.gov

Information, resources and links to programs for veterans and their families, including substance use disorder, PTSD, and suicide prevention.

American Psychological Association

www.apa.org/topics/military-veterans

Mental health information for service members, veterans, families and other loved on

Veterans Crisis Line

1.800.273.8255 then press 1

Text: 838255

www.veteranscrisisline.net

Professionally trained clinical staff. Can provide referrals to other services, such as substance abuse treatment, marital counseling, treatment for depression and PTSD.

988 Suicide & Crisis Lifeline

Call or text **988** (also chat on website)

988lifeline.org

Lifeline provides live crisis center services by phone in Spanish and English. Translation services available in over 250 languages

ANY REFERENCE TO THE PRODUCTS, SERVICES, INFORMATION OR WEBSITES OF ANY OTHER NON-EVERNORTH AFFILIATED ENTITY IS PROVIDED FOR INFORMATIONAL PURPOSES ONLY AND SHOULD NOT BE CONSTRUED AS AN ENDORSEMENT BY EVERNORTH OF THE PRODUCTS, SERVICES, INFORMATION, OR WEBSITES OF SUCH ENTITIES, NOR SHOULD SUCH REFERENCE BE CONSTRUED AS AN ENDORSEMENT BY SUCH ENTITIES OF THE PRODUCTS, SERVICES, INFORMATION OR WEBSITES OF EVERNORTH AND/OR ITS AFFILIATES. EVERNORTH NEITHER REVIEWS NOR CONTROLS THE CONTENT AND ACCURACY OF THESE REFERENCES OR WEBSITES, AND THEREFORE WILL NOT BE RESPONSIBLE FOR THEIR CONTENT AND ACCURACY. YOUR ACCESS TO NON-EVERNORTH WEB SITES IS AT YOUR SOLE RISK.

ALL EVERNORTH PRODUCTS AND SERVICES ARE PROVIDED EXCLUSIVELY BY OR THROUGH OPERATING SUBSIDIARIES OF EVERNORTH, INCLUDING EVERNORTH CARE SOLUTIONS, INC., AND EVERNORTH BEHAVIORAL HEALTH, INC.

880784cEN 08/22 © 2022 EVERNORTH. USE AND DISTRIBUTION LIMITED SOLELY TO AUTHORIZED PERSONNEL. SOME CONTENT PROVIDED UNDER LICENSE.

EVERNORTH