

# Mental Health

## Government Links and Resources:

### **National VA Veterans Crisis Line**

The caring professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges Veterans of all ages and service eras face.

<http://www.veteranscrisisline.net>

### **National Resource Directory (NRD)**

The NRD is a Web portal that connects wounded warriors, Service Members, Veterans and families with those who support them. The NRD has information about thousands of national and local programs, services and organizations, many in your community, that support recovery, rehabilitation and community reintegration. The NRD also hosts the Veterans Job Bank, a central resource for Veterans that provides quick and easy access to thousands of public and private sector job openings.

[www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov)

### **National Center for Posttraumatic Stress Disorder (PTSD)**

[www.ptsd.va.gov](http://www.ptsd.va.gov)

### **Minnesota Department of Veteran Affairs**

[www.mdva.state.mn.us](http://www.mdva.state.mn.us)

### **Minnesota Department of Veteran Affairs "LinkVet"**

Veterans Linkage Line: 1-888-LinkVet (1-888-546-5838). LinkVet is a toll-free, one-stop customer service line for all Minnesota veterans.

[www.minnesotaveteran.org](http://www.minnesotaveteran.org)

### **Military OneSource**

Military OneSource is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. They can also include more complex issues like relationships, stress, and grief. Services are available 24 hours a day — by telephone and online. Many Military OneSource staff members have military experience (veterans, spouses, Guardsmen, Reservists), and all receive ongoing training on military matters and military lifestyle. The program can be especially helpful to service members and their families who live at a distance from installations.

[www.militaryonesource.com](http://www.militaryonesource.com) or 1-800-342-9647

## Community Resources:

### **United Way 2-1-1**

United Way 2-1-1 is a free and confidential community helpline available 24 hours a day, 7 days a week. 2-1-1 helps people access information they need to navigate the ever increasing and complex array of human services. Dial 1-800-543-7709

[www.unitedwayhelps.org/pages/UnitedWay2-1-1](http://www.unitedwayhelps.org/pages/UnitedWay2-1-1)

**After Deployment**

The After Deployment website is a behavioral health resource supporting service members, their families, and Veterans with common post-deployment challenges.

[www.afterdeployment.org](http://www.afterdeployment.org)

**Real Warriors**

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, Veterans and their families.

[www.realwarriors.net](http://www.realwarriors.net)

**Vets Prevail**

Vets Prevail is an innovative new online mental health tool that is tailored specifically to today's Veterans, helping ease transition to life after military service and tackle post deployment re-adjustment challenges. The program incorporates interactive multimedia e-learning lessons, peer support, diagnostic self-assessments, and proprietary software for scheduling and tracking user activities, thoughts, and feelings.

[www.vetsprevail.org](http://www.vetsprevail.org)

**Vets4Warriors**

Vets4Warriors has helped thousands of their peers connect with confidential assistance through a free hotline (1-855-838-8255/1-855-VET-TALK) and online chat. For any issue, at any time, a Veteran is here to help. We all need a helping hand sometimes and Vets4Warriors provide 24/7 confidential peer support, information, and referrals for all National Guard and Reserve service members.

[www.vets4warriors.com](http://www.vets4warriors.com)