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### Links offering different types of support for military families

Below is a list of some private and military related links, and a brief description of some of the services they offer, as taken from their web site. Many offer more comprehensive services, and greater details should be sought from their sites. No endorsement is intended of any organization. This material is provided only as an informational resource to further your exploration of various ways to meet needs that are facing you or your family.

NOTE: There are over 10,000 web sites devoted to military personnel and their families, and over 30,000 charities for them. This file is only a very small listing, and you are encouraged to look on your own for more that may meet your need. A number of other charities can be found under <http://militaryoneclick.com/give-back-military-charities/> .

If you have been given a printed copy of this resource guide, an electronic version with active links can be found at: [www.CapeFearPsych.org/resources.asp](http://www.CapeFearPsych.org/resources.asp) then search under: Public>Military Families, or >Combat, Military, Veteran, Warrior and look for: Military Family Support – links

#### Active Heroes

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

Active Heroes' mission is to strengthen active duty military, veterans and their families in order to provide the coping skills to manage the stress and the triggering points that lead to suicide.

Active Heroes is dedicated to connecting and helping America's military families through physical and mental therapy, home repairs and community outreach, financial assistance and community reintegration to halt the triggering points and stress associated with "hard times" that lead to suicide.

The Active Heroes retreat will help with PTSD and suicide prevention by teaching veterans and their families to heal through physical therapy activities and mental therapy classes. It will also engage military families through video therapy.

#### After Deployment

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

Wellness resources, assessments, videos, apps on numerous topics including PTSD, military sexual trauma, families and friendships, anger, stigma, suicide, alcohol and drug abuse, sleep, financial health, anxiety, resilience, work adjustment. Chat available as well.

#### Agent Orange information

<http://www.publichealth.va.gov/exposures/agentorange/index.asp>

Information about Agent Orange, including a free health exam to vets who may have been exposed to it, as well as information on birth defects in children of such vets, disability compensation, where it was used in Southeast Asia, diagnosis and treatment, and research on the issue.

### Air Force Aid Society

<http://www.afas.org/home>

The Air Force Aid Society (AFAS) is the official charity of the United States Air Force incorporated in 1942 as a non-profit organization whose mission is to help relieve financial distress of Air Force members and their families and to assist them in financing their higher education goals.

### American Corporate Partners

[www.acp-usa.org](http://www.acp-usa.org)

Connecting US veterans to business leaders through our two free programs: an online network offering business advice, and a nationwide mentoring program.

### Apps

#### Blue Button

<https://itunes.apple.com/us/app/ibluetooth/id492141530?mt=8>

(Also, the same functions can be accessed through: [www.myhealth.va.gov](http://www.myhealth.va.gov))

My HealthVet is VA's online personal health record. It was designed for Veterans, active duty Service members, their dependents and caregivers. My HealthVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care

Specific features in My HealthVet are available to you based on your account type. All users who have a [Basic](#) account are able to view their self-entered information. If you are a VA patient, you can upgrade your account to [Advanced](#) or [Premium](#).

With a Basic Account you may use My HealthVet to:

- Add information to a personal health journal about over-the-counter medications, allergies, military health history, medical events, tests and allergies
  - Record and track personal information such as contact information, emergency contacts, health care doctors and providers, and health insurance information
  - Record and track personal health measurements (blood pressure, blood sugar, cholesterol, heart rate, body temperature, weight, pain level, etc.) in Vitals & Readings
  - Print a wallet ID card with the personal information entered into the personal health record
- Use the **VA Blue Button** (Download My Data) to view, save, print or download and save your self-entered information; then share this with your caregiver, non-VA provider or others you trust

**Advanced Account** - This account is only for Veterans and/or VA Patients. It is a higher level of access to features offered in My HealthVet. It provides you the ability to view some information in your VA and/or DoD records. This account does not require that you have your identity Authenticated\*. However, when you register as a VA Patient, your profile information is linked to VA/DoD records. When this happens, you are given an Advanced Account. If you are a VA patient, this type of account lets you refill your VA prescriptions online using My HealthVet.

**Premium Account** - This account is only for Veterans and/or VA Patients. It gives users the highest level of access to My HealthVet features. To get this type of account you need to go through [Authentication\\*](#)

With a Premium Account you may use My HealthVet to view key portions of your VA health

record, such as:

- VA Admissions and Discharges (*including discharge summaries*) - *These are available to you 7 calendar days after they have been completed by members of the VA health care team.*
- VA Allergies
- VA Appointments (future)
- VA Appointments (limited to past 2 years)
- VA Demographics
- VA Electrocardiogram (EKG)
- VA Immunizations
- VA Laboratory Results: Chemistry/Hematology/Microbiology - *Results are available to you 7 calendar days after they have been verified.*
- VA Medication History
- VA Pathology Report: Surgical Pathology/Cytology/Electron Microscopy. *Your report is available 14 calendar days after the report has been completed by members of the VA health care team.*
- VA Problem List - *This is available to you 7 calendar days after it was entered into your VA health record by a member of the health care team.*
- VA Notes - *Initially VA Notes written on or after January 1, 2013 forward will be available. In the future more historical VA Notes will become available. VA Notes are available to you 7 calendar days after the note has been completed by members of the VA health care team*
- VA Radiology - *Your report is available 7 calendar days after it has been verified by members of the VA health care team*
- VA Vitals and Readings
- VA Wellness Reminders
- VA electronic health record information such as VA Continuity of Care Document (VA CCD) and other information as it becomes available

Department of Defense (DoD) Military Service Information

- Download your [VA Continuity of Care Document \(VA CCD\)](#). This is a standard electronic exchange document, used for sharing patient information. The **VA CCD** will be a summary of important health information from the Veterans VA Electronic Health Record.

Use **Secure Messaging** to communicate online with your VA health care team. You may send messages to request or cancel VA appointments. Use it to ask about lab results or find out about a medication or health issue. Or simply to discuss other general health matters.

Life Armor

<http://t2health.org/apps/lifearmor#.UY6fY79JOJA>

Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Videos relevant to each topic provide personal stories from other service members, veterans, and military family members.

**After selecting a topic area, information is organized into four main menu items:**

- **Learn:** Comprehensive information on the causes, characteristics, and potential solutions to emotional, relationship, and other common mental health problems that face the military community

- **Assess:** Brief self-assessment tools to help the user measure and track symptoms relevant to the topic area
- **Tools:** Information and guidance on techniques to self-manage problems relevant to the topic area
- **Videos:** Testimony from members of the military community about their struggle to overcome problems relevant to the topic area

#### Mood Tracker

<http://t2health.org/apps/t2-mood-tracker#.UY6gOr9JOJA>

T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.

The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user's general well-being. Users can also create items to track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

**T2 Mood Tracker received first place in the "General Wellness" category during the Apps4Army (A4A) competition.**

#### PTSD Coach

<http://t2health.org/apps/ptsd-coach#.UY6f2b9JOJA>

PTSD Coach was developed by T2 in cooperation with the Veteran Affairs Administration's National Center for PTSD. The goal was to develop a mobile application to assist Veterans and Active Duty personnel (and civilians) who are experiencing symptoms of Post Traumatic Stress Disorder (PTSD). It is intended to be used as an adjunct to psychological treatment, but can also serve as a stand-alone education tool. The PTSD Coach app is available for download on the [Apple iTunes App Store](#) and the [Android Market](#). Click on the links or scan the QR codes shown on the right side of the page.

#### Key features of the app include:

- **Self-Assessment:** Self-assessment of PTSD symptoms with individualized feedback, and ability to track changes in symptoms over time. The assessment does not formally diagnose PTSD.
- **Manage Symptoms:** Coping skills and assistance for common kinds of posttraumatic stress symptoms and problems, including systematic relaxation and self-help techniques.
- **Find Support:** Assistance in finding immediate support. The app enables individuals to identify personal sources of emotional support, populate the phone with those phone numbers, and link to treatment programs. And in an emergency, users can quickly link to the National Suicide Prevention Hotline.

**Learn about PTSD:** Education about key topics related to trauma, PTSD, and treatment.

#### Sesame Street for Military Families

<https://itunes.apple.com/us/app/sesame-street-for-military/id550520652?mt=8>

The Sesame Street for Military Families app puts all of Sesame's bilingual (English & Spanish) resources for military families right in your pocket! Now you can use your mobile device to access engaging videos, articles, storybooks, parent guides, and more to help you support your preschool and school-aged children as they encounter transitions common to military families. Because of the sensitive topics in this app, we highly recommend that a parent or

guardian previews the materials before co-viewing with a child. Topic areas for military families include:

- Deployments
- Homecomings
- Injuries
- Grief
- Self-Expression

#### Social Networking for Veterans

<https://itunes.apple.com/us/app/veterans-together-social-network/id644300351?mt=8>

Veterans Together is not only a fun Social Network to hang out but a place where Military Veterans can come together to proactively engage and support each other in:

- ❖ Finding Jobs and other Professional Veteran Opportunities & Projects.
- ❖ Locating Veteran Owned Businesses & Veteran Associations in their area.
- ❖ Relocating to other areas and finding & selling homes.
- ❖ Sharing information on local Veteran events.
- ❖ Discussion Forums vi. Veterans' Interest Groups:
  - GI Bill
  - Retirement
  - Health Care
  - Medical & Prescription Assistance
  - Jobs
  - Retirement
  - Reintegration into Civilian Lifestyle
  - Legislation
  - Coping skills
- ❖ Veterans Classifieds

Veterans Together is a Veteran-Owned Effort so the upmost respect for privacy and greatest efforts to constant betterment are inherent in our vision!

Join NOW for FREE, introduce yourself, learn, and share with others like yourself!

Veterans Together is for veterans but we encourage any military members to take part!

#### Armed Services YMCA

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

Provides free, specialized programs and support services to military service members and their families, with a particular focus on junior-enlisted men and women. Programs include:

- ❖ Operation Hero, an afterschool program to help children cope with the challenges of being a military child.
- ❖ Operation Kid Comfort: free, personalized, hand-made photo quilt program for children of deployed troops.
- ❖ Emergency Aid: food and clothing assistance
- ❖ Family & Youth Camps
- ❖ Free YMCA memberships for qualified families
- ❖ Signature events: Mud run, the Christmas you missed, Father/Daughter dance, and more!

#### Assistance to Army Soldiers & Families during the Iraq War.

<http://www.aerhq.org/>

The Army Emergency Relief fund offers assistance as family financial situations are challenged due to increased expenses from separation and other family adjustments as their needs require.

Assistance is available to all active duty soldiers and Reserve Component soldiers ordered to active duty for more than 30 consecutive days.

#### Babysitting and nannies

[www.sittercity.com/dod](http://www.sittercity.com/dod)

SitterCity helps you find experienced baby sitters and nannies in your area. And with features like detailed profiles, background checks, references & reviews, we make the process safe and easy.

If you are a service member in the Army, Marines, Navy, or Air Force (active, reserve or guard), a Sittercity program is funded by the Department of Defense and your membership is available to you at no cost.

#### Bereavement counseling

Bereavement counseling through VA [Vet Centers](#) is provided to all family members including spouses, children, parents, and siblings of service members who die while on active duty. This includes federally activated members of the National Guard and reserve. Bereavement services may be accessed by calling (202) 461-6530.

#### Software & hardware for the blind and visually impaired

[www.project-ray.com](http://www.project-ray.com)

Services for the blind – RAY is the world's first smartphone for the blind developed with advanced mobile technology for intuitive eye-free operation.

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

Comfort Zone Camp is a [nonprofit 501\(c\)3](#) bereavement camp that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. The free camps include confidence building programs and age-based support groups that break the emotional isolation grief often brings. Comfort Zone Camps are offered to children 7-17, and are held year-round across the Country. We have offices in [California](#), [Massachusetts](#), [New Jersey](#), and [Virginia](#).

#### Children of Fallen Soldiers Relief Fund

<http://www.childrenoffallensoldiersrelieffund.org/>

This organization provides college grants and financial assistance to surviving children and spouses of our U.S. military service members who have lost their lives in the Iraq and Afghanistan wars. Our financial assistance program assists disabled service member families as well.

#### Clothing custom made for free for wounded vets

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

Sew Much Comfort is a nationally recognized non-profit organization providing adaptive clothing free of charge, to wounded service men and women at every military hospital in the United States, Landstuhl (Germany) and at Combat Surgical Hospitals overseas. We create and/or adapt clothing to meet the unique needs of the wounded. For many service members the only clothing available is a hospital gown. These gowns are drafty, do not cover properly and are impractical for optimum recovery. By creating custom adaptive clothing, our hope is to make their recovery more comfortable both physically and emotionally. Our clothing gives medical personnel and service members the ability to have ready access to their injuries by utilizing the adaptive openings in our clothing. Specially designed clothing permits easy access during their exams and physical therapy, as well as facilitating the difficult process of dressing themselves in their everyday life. Our clothing allows injured service members to easily dress themselves and

their clothing appears as normal civilian attire which helps facilitate a more natural and comfortable recovery.

Coming Home – transition strategies for Vets and Families – Red Cross

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240149\\_SAFComingHomeBrochure.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240149_SAFComingHomeBrochure.pdf)

The long awaited homecoming is an emotional time for everyone in the family, and everyone wants the transition to go smoothly. Successful transition strategies for returning service members and their family members are discussed.

Military on-line colleges

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

Online schools offer programs that can be covered by the G.I. Bill and work with military service members to ensure they receive a quality education and the chance to achieve their academic potential. Moreover, some schools offer [additional assistance](#) to soldiers and veterans, such as employment assistance and healthcare. Below are accredited schools worth contacting to find out more about tuition, classes, and the programs they offer the military.

Connections for vets, active duty, Guard, Reserve, their families, and professionals

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

Connections by life events:

- ❖ Family and relationships
- ❖ Transitioning from service
- ❖ Death of family or friends
- ❖ Jobs and employment

Connect with resources:

- ❖ Resource locator
- ❖ Take a self-assessment (e.g. for depression, PTSD, alcohol abuse)
- ❖ Solutions for self-help
- ❖ Provider resources for professionals working with vets

Information on subjects including:

- ❖ Alcohol and drug abuse
- ❖ Chronic pain
- ❖ Concentration difficulties
- ❖ Eating difficulties
- ❖ Flashbacks
- ❖ Gambling
- ❖ Headaches
- ❖ Hopelessness
- ❖ Nightmares
- ❖ Noise and light sensitivity
- ❖ PTSD
- ❖ Relationship problems
- ❖ Sleep difficulty
- ❖ Social difficulty
- ❖ Suicide
- ❖ TBI

Dogs working with PTSD and TBI

[www.circle-of-change.org](http://www.circle-of-change.org)

PTSD & TBI have been identified as the long lasting legacies of the recent Iraq and Afghanistan conflicts. We have developed a program that is making a difference for vets struggling with these issues. This program serves all vets of all conflicts who are challenged, disabled, in transition, and/or suffer from PTSD or TBI. Admission to the program requires a referral from a VA mental health professional. Licensed mental health professionals have found this program to be as, or more, effective than some of the more traditional therapies.

Dogs working with PTSD & TBI

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

This is a Wilmington based organization. Canines for Service is dedicated to empowering people with disabilities to achieve greater independence and enhanced quality of life and to improving people's lives through the services of specially trained assistance dogs.

They tend to look for vets with 70% SC PTSD, or for vets with considerable SC PTSD & TBI.

Emergency Communication through the Red Cross

<http://www.redcross.org/find-help/military-families/emergency-communication-services>

When a military family experiences a crisis, the American Red Cross is there to help. Wherever their military service takes them, service members can rest assured that the Red Cross will deliver notification of an emergency such as the death or serious illness of an immediate family member, as well as the good news of the birth of a service member's child or grandchild.

Twenty-four hours a day, 365 days a year, the Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations.

**Call 877 272 7377 – available 24/7/365**, if you are, or are calling about:

- anyone on active duty in the Army, USMC, USN, USAF, USCG
- an activated member of the Guard or Reserve for all branches
- an immediate family member or dependent of anyone in the above categories
- a civilian employed by or under contract to the Dept. of Defense and stationed outside the continental U.S., and any family residing with them at that location
- a military retiree or the retiree's spouse or widow(er)
- a cadet or midshipman at a service academy; ROTC cadet on orders for training
- a merchant marine about a U.S. naval ship

When calling the Red Cross, be prepared to provide as much of the following as possible about the service member as is known:

- full legal name
- rank/rating
- branch of the service
- Social Security number
- date of birth
- military unit address
- information about the deployed unit and home base unit (for deployed service members only)

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

RecruitMilitary is the top full-service military-to-civilian recruiting firm in the U.S. We use online and offline products to connect employers, franchisers, and educational institutions with



men and women who are transitioning from active duty to civilian life, vets who already have civilian work experiences, members of the Guard and reserve forces, and military spouses. We serve vets of all ranks, rates, and branches of the armed forces, and our services are free to all men and women who have a military background.

RecruitMilitary is vet-owned, vet-operated and vet-advised. All of our officers, national account executives and search consultants are either vets or active or former duty reservicsts. As the nation's leading military-to-civilian recruiting firm, we have established working relationships with industry associations, non-profit organizations, and government agencies.

#### Employment

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

Within the MilitaryHire network are the resources and contacts you need to successfully make your initial transition to civilian life and beyond.

Employment: advice on making the transition to civilian work

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

Employment: online career fair for vets and spouses

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

Milicruit was created to address the premise that the traditional military career fair is costly, time-consuming and often times ineffective. Given the large number of veterans currently looking to reenter civilian life, and the large number of employers seeking to hire veterans, we designed milicruit to allow industry leading employers, veterans and military spouses the opportunity to meet and interact in a fully interactive online environment from wherever they may be located.

Some of the benefits of Milicruit include:

- Veterans get more access to more employers
- Employers gain access to veterans they may otherwise miss.
- A great screening tool for employers and veterans.
- Veterans can attend at their convenience.
- Employers benefit from tax advantages of hiring veterans.

Provides equal access to the veteran who may have a disability

#### Family Advocacy Program

[http://www.militaryhomefront.dod.mil/portal/page?\\_pageid=73,46033&\\_dad=itc&\\_schema=PORTAL&section\\_id=20.40.500.260.0.0.0.0.0&content\\_id=190538](http://www.militaryhomefront.dod.mil/portal/page?_pageid=73,46033&_dad=itc&_schema=PORTAL&section_id=20.40.500.260.0.0.0.0.0&content_id=190538)

The Family Advocacy Program (FAP) provides services to troops and family members experiencing domestic abuse and child abuse through prevention efforts, early identification and intervention, support for victims, and treatment for abusers. Everyone is required to report suspected domestic abuse or child abuse to FAP. This link provides a directory of Family Advocacy Program representatives at Army, Marine Corps, Navy, and Air Force installations around the world.

#### Family of a Vet

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

This site is dedicated to veterans or for those who love a vet, dealing especially with PTSD and TBI. It offers information on both topics, and some others too, as well as links and resources.

#### Federal Benefits for Veterans, Dependents and survivors

[http://www.va.gov/opa/publications/benefits\\_book.asp](http://www.va.gov/opa/publications/benefits_book.asp)

This online guide from the Department of Veteran Affairs informs veterans and their dependents of the variety of federal benefits available.

#### Emergency Financial Assistance

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

Operation Homefront provides direct services to alleviate a military family's or individual's actual/complete emergency financial burden, as well as counseling and/or recovery support. Emergency financial assistance is in the form of checks paid directly to mortgage lenders, auto mechanics, contractors, hospitals, doctors, dentists and other providers. Other emergency funding assistance, which an applicant receives within 24 to 72 hours, includes the following:

- Financial assistance
- Emergency food
- Emergency home repairs
- Critical baby items: formula, food and diapers
- Home and appliance repair
- Furniture and household items
- Local moving assistance
- Community events
- Wounded Warrior Transitional Family Housing

Encouraging vets to get mental health care – 888-823-7458

[www.mirecc.va.gov/coaching](http://www.mirecc.va.gov/coaching)

*Coaching into Care* is a free and confidential coaching service to help callers discover new ways to talk with their Veteran about their concerns and about treatment options.

*Coaching Into Care* provides a “coaching” service for family and friends of Veterans who see that their Veteran needs help. Coaching involves helping the caller figure out how to motivate their Veteran to seek services. The service is free and provided by licensed clinical social workers and psychologists. The goal of the service is to help the Veteran and family members find the appropriate services in their community.

*Coaching Into Care* takes your privacy, and that of your Veteran, very seriously. We keep all calls confidential, except for cases in which we act to protect the lives of you, your Veteran, or others.

#### Financial advice

<http://www.missionwealthywarriors.org>

Military families, including mine, have experienced increased OPTEMPO, deployments, injuries, stress and separation. Any of these issues can lead to financial problems, emotional trauma, hopelessness and divorce. While military stress may never go away, a solid financial plan can strengthen families to overcome these challenges.

Since January 2002, Waging War on Debt Seminars have reached hundreds and thousands of our Service members and their families stateside and overseas (Iraq, Afghanistan, and Kuwait). Waging War on Debt contains materials taught at these seminars, which I wrote to reach even more with the necessary tools needed to overcome financial challenges.

#### Financial Assistance

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

USA Cares provides financial and advocacy assistance to post 9/11 active duty US military service personnel, veterans and their families. We assist all branches of service, all ranks and components and treat all with privacy and dignity in appreciation for their service and sacrifice.

We never charge fees nor accept repayment and rely on donations from private citizens, businesses and foundations for all funding.

The goal is to help restore financial stability and self-sufficiency by giving “a hand up not a hand out.” Services are free to service men and women and their families without obligation to repay. Financial assistance is not given directly to service members or their families; instead, payments are made to mortgage lenders, utility companies, and other vendors. The objective is to reach families at the earliest stage of intervention to proactively prevent further financial distress. Contact us at 1-800-773-0387 or [info@usacares.org](mailto:info@usacares.org).

#### Financial Assistance

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

As a not-for-profit organization, the VFW Foundation receives no government funding. **We rely solely on individual donations and corporation sponsorships.** Your tax-deductible charitable contribution makes a direct impact on how much help and financial support we're able to provide our deployed soldiers and their families in their time of need.

Unmet Needs helps ease the unanticipated financial demands on our service members' families that can't be taken care of through existing means. It also provides our soldiers with the peace of mind of knowing their families have additional support at home. So join us today in reaching out a helping hand to those who protect our country – and safeguard our freedoms – so bravely.

**With your help**, the Unmet Needs program can continue to meet basic needs of soldiers and their families such as:

- mortgage and rent
- home and auto repairs
- insurance
- utilities
- food
- clothing

#### Financial Assistance

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

The mission of Operation First Response, Inc (OFR) is to serve all branches of our nation's Wounded Warriors and their families with personal and financial needs. Services are provided from the onset of injuries or illness, throughout their recovery period and along their journey from military life to the civilian world. Financial aid varies as each case is based on individual needs ranging from rent, utilities, vehicle payments, groceries, clothing, and travel expenses.

#### Financial Assistance for injured Marines, Sailors, Army, Air Force and USCG

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

The Injured Marine Semper Fi Fund is a 501(c)(3) nonprofit set up to provide immediate financial support for injured and critically ill members of the U.S. Armed Forces and their families. We direct urgently needed resources to post 9-11 Marines and Sailors, as well as members of the Army, Air Force or Coast Guard who serve in support of Marine forces. The Semper Fi Fund (SFF) provides relief for financial needs that arise during hospitalization and recovery as well as assistance for those with perpetuating needs. Our program provides support in a variety of ways including: Service Member and Family Support, Specialized & Adaptive Equipment, Adaptive Housing, Adaptive Transportation, Education and Career Transition Assistance, Therapeutic Arts and Team Semper Fi.

Financial Assistance for families of killed or seriously injured OIF vets

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

The Fallen Patriot Fund was established to help families of U.S. military personnel who were killed or seriously injured during OIF. Financial resources are vital to enhancing the sustainability of the family unit who has suffered a loss because of their loved one sacrificed himself/herself for freedom.

Fisher Houses

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

This website offers a number of programs for military families. Among them are Fisher Houses which are for families of patients receiving medical care at major military and VA medical centers. The homes are normally within walking distance of the treatment facility, or have transportation available. Cost varies by location. The average charge is under \$10. per family per day. Family of service members injured due to service in Iraq or Afghanistan do not pay the daily fee.

GI Bill

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

This site provides detailed information on the GI bill, such as eligibility and education benefits.

Give an Hour

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

Our mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. Our first target population is the U.S. troops and families affected by the wars in Afghanistan and Iraq and other post-9/11 conflicts. Give an Hour™ is asking mental health professionals nationwide to literally donate an hour of their time each week to provide free mental health services to military personnel and their families. Research will guide the development of additional services needed by the military community, and appropriate networks will be created to respond to those needs. Individuals who receive services will be given the opportunity to give an hour back in their own community.

Our organization is currently focusing on the psychological needs of military personnel and their families because of the significant human cost of the current conflicts.

We are also offering services to parents, siblings, and unmarried partners who are not entitled to receive mental health benefits through the military. Although these individuals may have access to mental health services through other means, they are less likely to seek the help they need and deserve if that help is difficult to find or costly. Our goal is to provide easy access to skilled professionals for all of the people affected by the current war. The participating mental health professionals offer a wide range of services including individual, marital, and family therapy; substance abuse counseling; treatment for post-traumatic stress disorder; and counseling for individuals with traumatic brain injuries.

Helmets to Hardhats

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

Helmets to Hardhats is the fastest way for Military, Reservists & Guardsmen to transition from active duty to a career in the construction industry.

### Hero Miles

[www.fisherhouse.org/programs/hero-miles](http://www.fisherhouse.org/programs/hero-miles)

This program provides free air travel through the donation of frequent flyer miles by others for military personnel undergoing treatment at a military medical center or VA medical center incident to their service in Iraq, Afghanistan, and the surrounding areas.

Two categories of people can apply to attain free air fare:

- ❖ service personnel with an approved convalescent leave may be given a free round trip airline ticket from the medical center to their home and return if they are not eligible for government funded airfare.
- ❖ qualifying service personnel may be given free round trip tickets to enable their family or close friends to visit them while they are being treated at the medical center.

Airlines that are participating at this time consist of American, AirTran, Midwest, Northwest, Independence, Delta, US Air, America West, Alaska, and Continental.

### Hire a Hero

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

The Armed Forces Support Foundation 501 (c)(3) was established in 2006 with a mission to plan, promote, and execute programs to assist members of the United States Armed Forces transitioning back into civilian life.

Today our flagship program Hire A Hero is the premier online job board and community of choice for those who have served our country. Hire A Hero has helped thousands of veterans and their spouses connect to employers who value their service, work ethic and loyalty to our country.

Recognized by Time magazine (2008), for being one of the top 21 ways to “Fix America” and Infoworld, Magazine (2008) as one of the top 100 website in the world for creative and effective merging of business and technical solutions to veterans; Hire A Hero has over 337,000 registered members and has seen over 2,725,437 absolute Unique Visitors throughout the year.

To learn more about Hire A Hero or other programs please email [info@hireahero.org](mailto:info@hireahero.org)  
Hire Heroes USA

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

Hire Heroes USA is dedicated to creating job opportunities for US military vets and their spouses through personalized employment training and corporate engagement.

As a 501(c3) not for profit organization, Hire Heroes services are provided at no cost to the veteran.

National Call Center for Homeless Vets 877 4AID VET (877 424 3838)

[www.va.gov/homeless/nationalcallcenter.asp](http://www.va.gov/homeless/nationalcallcenter.asp)

The Department of Veterans Affairs' (VA) has founded a National Call Center for Homeless Veterans hotline to ensure that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community.

There is also a 24/7 chat line for homeless vets at

<http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Homeless%20Veterans%20Chat>

#### Homes for Heroes

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

*Our mission is to provide extraordinary savings to local heroes who provide extraordinary services to our community every day.*

Homes for Heroes® is a company that affiliates with Realtors®, lenders and other real estate-related service providers who offer substantial rebates and discounts to the Heroes who serve our nation and its communities every day. Our Heroes include military personnel, firefighters, law enforcement officers and others who make our communities a better place to live.

This program was created after the tragic events of 9/11 as a “Thank you” to the men and women who have given so much. Heroes across the country register on our website every day looking for the savings. We match them with Homes for Heroes® Affiliates in their area. Homes for Heroes® is now expanding its discounts beyond the home buying and selling process with our Friends of Heroes® program.

#### Veterans Home Loans

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

Homes: building specialty adaptations to severely injured troops

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

We are Homes for Our Troops, a national non-profit, non-partisan 501(c)(3) organization founded in 2004. We are strongly committed to helping those who have selflessly given to our country and have returned home with serious disabilities and injuries since September 11, 2001. It is our duty and our honor to assist severely injured Servicemen and Servicewomen and their immediate families by raising donations of money, building materials and professional labor and to coordinate the process of building a home that provides maximum freedom of movement and the ability to live more independently.

**The homes provided by Homes for Our Troops are given at NO COST to the Veterans we serve.**

Note: An eligible Veteran or service member may receive a Veterans Administration Specially Adapted Housing Grant up to a maximum amount of \$63,780. Homes for Our Troops’ assistance covers all costs over and above this grant to ensure that the home is provided at no cost to the recipient.

#### Hope for the Warriors

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

Dedicated to enhancing the quality of life for post 9/11 service members, their families, and families of the fallen who have sustained physical and psychological wounds in the line of duty. Services include care coordination, family support, reintegration services, community outreach, and outdoor adventures.

#### Hyperbaric oxygen treatment (y) for TBI and other injuries

There is no known way to fully reverse permanent brain damage. i.e. To try and get some degree of reversal of the damage and improvement requires use of more experimental and less proven techniques. There is some research available that HBOT can be helpful with TBIs and other types of brain injuries such as from strokes. There is a program that offers free treatment to vets who sustained a TBI in Iraq or Afghanistan. The program is located in Louisville, Colorado and includes a \$200. food voucher, and free room. Transportation to CO is not included. Treatment is

6 days a week for 4 weeks. It is on a first come, first served basis, and booking is currently (2018) running ~6 months out. Contact info: 303 442 4124, [www.rmhabi.org](http://www.rmhabi.org). “How much a veteran improves depends on patient age, severity of the brain injury, age of the brain injury, health of the patient, etc. We do see that about 80% of our patient population get a large improvement in their quality of life post HBOT treatment. The area where we see regression [after HBOT treatment has ended] is with PTSD symptoms when the PTSD is not managed. Headaches and poor sleep patterns can return if the veteran is not actively managing his or her PTSD. We have seen these symptoms dissipate after a second round of treatment and many veterans are then able to manage their PTSD better.” (email from Eddie Gomez, President).

[www.youtube.com/watch?v=ESeP8\\_eJyJ8&feature=youtu.be](http://www.youtube.com/watch?v=ESeP8_eJyJ8&feature=youtu.be) is a short video about the program. The VA is doing a little research on the subject too. [https://www.militarynews.com/norfolk-navy-flagship/new-study-shows-hyperbaric-oxygen-therapy-helps-veterans-with-brain/article\\_9369b640-a2fe-5d67-8e65-ca238f2459fc.html](https://www.militarynews.com/norfolk-navy-flagship/new-study-shows-hyperbaric-oxygen-therapy-helps-veterans-with-brain/article_9369b640-a2fe-5d67-8e65-ca238f2459fc.html)

#### IAVA:

Iraq & Afghanistan Veterans of America

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

Programs include health, employment, education and community resources.

#### Re-entry for incarcerated vets

<http://www.va.gov/homeless/reentry.asp>

The health care for re-entry veterans program is designed to address the community re-entry needs of incarcerated veterans. It includes:

- ❖ outreach and pre-release assessments services for vets in prison
- ❖ referrals & linkages to medical, psychiatric, and social services, including employment services upon release
- ❖ short term case management assistance upon release.
- ❖ Provides information to vets while they are incarcerated so they may plan for re-entry themselves.

See [http://www.va.gov/homeless/reentry\\_guides.asp](http://www.va.gov/homeless/reentry_guides.asp) for individual state guides to obtain more details.

#### Intrepid Fallen Heroes Fund

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

Provides financial aid in the form of ‘family grants’ and scholarships for severely wounded vets and their families.

#### Legal Information & Resources for Military Personnel & their Families

<https://www.jagcnet.army.mil/legal>

The Judge Advocate General's Corps provides online legal information and resources in such areas as family matters, financial issues (including taxes), insurance, immigration, housing (including landlord-tenant issues), estates, the Soldiers and Sailors Civil Relief Act, and consumer and contract issues.

#### Loan Survivor Fund

<http://lonesurvivorfoundation.org/about-us/>

The Lone Survivor Foundation restores, empowers, and renews hope for our wounded service members and their families through health, wellness, and therapeutic support. Overseas deployments and combat action can take a serious toll on everyone involved - from the men and

women on the front lines to the friends and families who wait patiently for their loved ones to return home.

The vision of the Lone Survivor Foundation is to provide exceptional therapeutic, outdoor, and unique opportunities that optimize recovery and healing of affected American wounded service members and their families. We accomplish this by:

- ❖ Building nationally recognized therapeutic facilities that support wounded service members and their families, affected by PTSD and mild TBI.
- ❖ Emphasize the use of natural settings and outdoor activities to heal and empower them through targeted recreational and sports therapy opportunities.
- ❖ Reduce the wounded service members need for narcotic pain management.
- ❖ Stabilize and enhance family structures and relationships through education, counseling, support, and inspiration using short term retreats (that are free) and medium term in-house care and advocacy programs.
- ❖ Identify, connect with, and establish therapeutic support for wounded service members' families that have, for whatever reason, stalled in their healing process with primary government care systems
- ❖ Collaborate with recognized government and non-profit agencies to provide wounded service members' families the proper resources for their needs.
- ❖ Support through awareness and inspiration.

#### Mesothelioma Veterans Center

<https://www.mesotheliomaveterans.org>

Mesothelioma is a cancer of the lining of the lungs or abdomen that is caused by exposure to asbestos. In over 30% of all mesothelioma cases, asbestos exposure happened during military service. Veterans from all branches of service are at risk, with the most common being the USN and USMC. There are a variety of mesothelioma treatments available, as well as doctors in the VA system who are capable of treating it. Vet benefits are available in the form of VA disability, Aid and Attendance, and more.

#### Military Life Insurance

<http://www.thesimpledollar.com/lifeinsurance/military/>

#### Marine Corps Scholarship Fund

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

The Marine Corps Scholarship Foundation is the nation's oldest and largest provider of need-based scholarships to children of Marines and Navy Corpsmen, with particular attention given to those whose parent has been killed or wounded in combat, or who have demonstrated financial need.

#### Marine Parents Information, Support & Connections

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

Our mission includes three distinct areas:

- ❖ information: providing reliable resources and information about the USMC
- ❖ connect and share: providing recruit and Marine family members 'a place to connect and share' in support of one another
- ❖ troop and family support: providing opportunities to support the troops and their families through a multitude of outreach programs

#### Military Mental Health Screening Program

<http://www.militarymentalhealth.org>



Free and anonymous mental health screening for a variety of issues (including depression, PTSD, alcoholism, bipolar, anxiety). It is meant to identify symptoms before problems become urgent. The site also provides information about mental health and substance abuse services covered by the DoD. Also free articles on a wide variety of topics (such as depression, bipolar, PTSD, etc.), and community resources, and military mental health blog.

#### Mental Health Services for Free for Vets and Families

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

The Soldiers Project is a private, non-profit, independent group of volunteer licensed mental health professionals including psychiatrists, psychologists, social workers, registered nurses and marriage and family therapists.

**We provide free counseling** and support to military service members who have served or who expect to serve in the Iraq and/or Afghanistan conflicts and to veterans of those conflicts. We see active duty as well as members of activated Reserve or Guard units. In addition, our services are available to the families and other loved ones of service members. We provide help to service members and families struggling with issues related to the overwhelming trauma of war including the cycle from pre-deployment to deployment to homecoming and re-entry to civilian life.

Our services are readily accessible and entirely free of charge. We do not report to any government agency.

877 576 5343

[info@thesoldiersproject.org](mailto:info@thesoldiersproject.org)

#### Military HomeFront

<http://www.militaryhomefront.dod.mil/>

“The official DoD web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. Whether you live the military lifestyle or support those who do, you’ll find what you need!”

Military hospitals and care they provide: NY Times article

<http://nyti.ms/1mrpf5I>

#### Military Kids Connect

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

This is an on-line community for military children age 6-17 years that provides access to age-appropriate resources to support children from pre-deployment through a parent’s or caregiver’s return.

#### Our Military Kids

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

Financial grants for children of deployed National Guard and military reserve personnel as well as the children of wounded warriors in all branches of services. The money can be used to pay for sports, fine arts, camps and tutoring program that nurture and sustain children while a parent is away on assignment or recovering from injury.

Military Kids: moving out, moving up, moving on!

<http://apps.militaryonesource.mil/MOS/f?p=123:HOME2:0>

This is your one-stop shopping for advice and info on moving, social life, school and more. Includes tips on moving to new locations, healthy living, deployment, divorce, bullying, podcasts and videos. For kids, pre-teens, and teens.

#### Military OneSource

<http://www.militaryonesource.mil>

Providing information and resources to help deal with the unique challenges of military life.

Includes counseling:

- ❖ face to face
- ❖ telephonic counseling
- ❖ international calling options
- ❖ online counseling
- ❖ financial counseling
- ❖ health and wellness coaching
- ❖ military crisis line (800 273 TALK (8255) Text: 83-8255 for free, if in crisis to receive confidential, personal and immediate support.
- ❖ sexual assault support (877 995 5247)

Other services include:

- ❖ casualty assistance
- ❖ child abuse and domestic abuse
- ❖ children, youth and teens
- ❖ commissaries and exchanges
- ❖ crisis and prevention
- ❖ deployment
- ❖ disaster resources
- ❖ EFMP/special needs
- ❖ K-12 and college education
- ❖ Legal information
- ❖ Money management
- ❖ Morale, welfare, and recreation
- ❖ Moving
- ❖ Non-medical counseling
- ❖ Parenting
- ❖ Relationship health & family wellness
- ❖ Spouse education & career opportunities
- ❖ Transition assistance
- ❖ Voluntary education – service members
- ❖ Wounded warrior

Military Sexual Trauma

[www.mentalhealth.va.gov/msthome.asp](http://www.mentalhealth.va.gov/msthome.asp)

Military sexual trauma (MST) is the term that the Department of Veterans Affairs uses to refer to sexual assault or repeated, threatening sexual harassment that occurred while the Veteran was in the military. It includes any sexual activity where someone is involved against his or her will – he or she may have been pressured into sexual activities (for example, with threats of negative consequences for refusing to be sexually cooperative or with implied faster promotions or better treatment in exchange for sex), may have been unable to consent to sexual activities (for example, when intoxicated), or may have been physically forced into sexual activities. Other experiences that fall into the category of MST include unwanted sexual touching or grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening or unwelcome sexual advances. Both men and women can experience MST during their service.

Military Spouses connect online

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

SpouseBUZZ is Military.com's blog for military spouses. It's a virtual destination where spouses

click, connect and share their experiences. The blog features a variety of perspectives as our contributors are affiliated with every branch of the Armed Forces, including Guard and Reserves. When you visit SpouseBUZZ, you can expect to get a taste of what it's like to be a military spouse in a post 9/11 World. SpouseBUZZ offers a glimpse into the lives of modern military families.

Four times per year, the blog comes to life when the SpouseBUZZ contributors visit military installations on their SpouseBUZZ LIVE tours. **SpouseBUZZ LIVE** is an outgrowth of SpouseBUZZ.com. Military spouses who attend SpouseBUZZ LIVE can expect a day of relaxation, fun and fellowship with other military spouses. SpouseBUZZ LIVE is a one-of-a-kind, high-energy event presented by military spouses, for military spouses. No dull speeches here....

#### Military Spouse Career Center

[www.military.com/spouse](http://www.military.com/spouse)

This site provides job opportunities for spouses of active duty personnel.

#### Military Spouse Corporate Career Network

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

Through our employment readiness training and job placements services, along with our *Military to Civilian Jobs Network Alliance Campaign*, CASY-MSCCN works one-on-one with our employment partners and funding supporters to reduce the rate of unemployment to veterans, National Guard, reservists, and their spouses by preparing them for their job search (translating skills, preparing resumes, interview skills, etc.) while working directly with our corporate recruiters to match these military service members and veterans to jobs that complement and fully utilize their qualifications, experience, and education. Individual programs are also in place to serve homeless female veterans and caregivers to the war-wounded – the extremely underserved military-affiliated applicants who have exceptional difficulty finding employment. Over the past three years, we have served over 8,000 applicants and provided outreach to more than 50,000.

CASY-MSCCN is committed to breaking barriers in employment for those within the military and veteran communities; increasing training, assistance, and employment opportunities for all military-affiliated job seekers; and ensuring our corporate partners fully understand and appreciate the service members' qualifications and how they perfectly match the skills these organizations need. By pursuing these objectives we will greatly improve the employment hiring numbers for those who have served and the families who support them.

#### Moving to a new location

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

Help with moving as to finding rentals, homes, neighborhood comparison guide, a mortgage lender, scoping out schools, etc.

#### National Center for PTSD

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

The mission of this program, which is within the Department of Veteran Affairs, is to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. They also offer guides for personnel returning from the war, and another for the families.

#### National Military Family Association

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

Among this organization's primary purposes is to educate military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives. They also offer a summer camp for kids (Operation Purple). They also provide families with counseling and services to help the uniquely military lifestyle matters of deployment, spouse education, separation, moving and more.

#### National Personnel Records Center – Military Personnel Records

<http://www.archives.gov/st-louis/military-personnel/index.html>

This site is provided for those seeking information regarding military personnel, health and medical records stored at NPRC (MPR). If you are a veteran or next-of-kin of a deceased veteran, you may now use vetrecs.archives.gov to order a copy of your military records. For all others, your request is best made using a Standard Form 180. It includes complete instructions for preparing and submitting requests.

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

The directory provides access to services and resources at the national, state and local levels that support recovery, rehabilitation and community reintegration. This includes information on benefits and compensation, education & training, employment, family & caregiver support, health, homeless assistance, housing, transportation & travel.

#### Navy-Marine Corps Relief Society

<http://www.nmcrs.org>

This private non-profit charitable organization is sponsored by the Department of the Navy and provides financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need.

#### Navy SEAL Foundation

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

Provides family services, financial support, educational programs, and activities for both active duty and veteran SEALs, special warfare combatant crewmen, Naval special warfare support personnel, and their spouses and children.

#### North Carolina 4 Vets (844 NC4. VETS)

[www.nc4vets.com](http://www.nc4vets.com)

Information includes:

- ❖ resource guide ([www.nc4vets.com/blog/resource-guide](http://www.nc4vets.com/blog/resource-guide))
- ❖ Employment (including: career fairs, employment sites, vet preferences)
- ❖ Health care (including: eligibility, enrollment, 5 yr post-deployment benefits, MyHealtheVet)
- ❖ VA Benefits (including: how to file a claim, compensation rates, e-benefits, vet service officers)
- ❖ Housing (including: emergency relief, drop-in centers, emergency support)
- ❖ Support services (including: military records/medals, vet license plates, health care re-entry)
- ❖ Education (including: scholarships, college credits for military training, GI bill)
- ❖ Events

#### North Carolina National Guard Family Resource Guide

<http://www.ncpublicschools.org/docs/militarysupport/resources/ncfpresourceguide.pdf>

National Guard children are unique. They face issues that other military children do not. They don't live on military installations where everything is there for them. National Guard children are based in the community. It is our belief that 'military kids serve too.'

We are devoted to ensuring that each and every one of our service members children and families have the best available for them. From special needs, to wounded warriors, to combat veterans with PTSD, NC National Guard plans to be steps ahead to have the structures in place.

We'd like you to take a look at the information we have compiled for you and urge you to welcome new partnerships we can create to help our NC military families.

#### Operation Family Fund

<http://www.operationfamilyfund.org>

This program provides financial grants for immediate or long-term needs to the Families of soldiers who have been killed or severely disabled as part of the world wide war on terrorism.

#### Operation Homefront

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

Operation Homefront provides direct services to alleviate a military family's or individual's actual/complete emergency financial burden, as well as counseling and/or recovery support. Emergency financial assistance is in the form of checks paid directly to mortgage lenders, auto mechanics, contractors, hospitals, doctors, dentists and other providers. Other emergency funding assistance, which an applicant receives within 24-72 hours, includes the following:

- ❖ financial assistance
- ❖ emergency food
- ❖ emergency home repairs
- ❖ critical baby items: formula, food, and diapers
- ❖ home and appliance repair
- ❖ furniture and household items
- ❖ local moving assistance
- ❖ community events
- ❖ Wounded Warrior transitional family housing

#### Operation Military Support

<http://www.operationmilitarysupport.com/>

"We receive names of men and women who do not receive regular mail from home and connect them with volunteers who want to boost the spirits of military personnel. This will ensure that they can do their best with confidence that we in the United States are appreciative of them for keeping peace throughout the world. They are doing the job they are asked to do and we support them for serving."

#### Operation Uplink

[http://www.vfw.org/uploadedFiles/VFWorg/MY\\_VFW/Free%20Call%20Day%20FAQ%208%201%2011.pdf](http://www.vfw.org/uploadedFiles/VFWorg/MY_VFW/Free%20Call%20Day%20FAQ%208%201%2011.pdf)

This program keeps military personnel and hospitalized veterans in touch with their families and loved ones by providing them with a free phone card.

#### Reconnecting with families after deployment – free classes run by the Red Cross

The Red Cross offers free workshops to anyone impacted by a loved one's deployment. Specially trained Red Cross mental health professionals run the sessions, and they're 100% confidential. The topics they offer are:

- ❖ **communicating clearly**. In the Communication module, there is information about how military communication is different from a family's communication, and some other differences. This is information that would be covered in the introduction if needed. The communication exercises include developing and practicing "I" statements, non-verbal communications, learning how to ask clarifying questions, exercises on listening, re-framing, and a few others.
- ❖ **working through anger** - The anger module gives information on how anger is a natural response, yet frequently a surprising emotion that is very uncomfortable for people to experience during reintegration. This module has exercises on looking at how anger was expressed and managed prior to deployment vs. afterwards, identification of behaviors that fuel anger, how to manage anger, some background information on basics of anger, managing others' anger, and developing a plan to manage your own anger. We also have an exercise on non-verbal aspects of anger and how to use non-verbal actions to help defuse a situation. Please note that this is not an anger management class; if someone has been court-ordered to take anger management, this workshop will not meet that requirement.
- ❖ **identifying depression** - Depression is addressed as a range from sadness to being clinically depressed. Exercises include building skills to help oneself out of depression, skills to help others, learning how to identify depression (and to identify when is it serious enough to need attention by a health provider). We also can address the topic of suicide and have some handouts on myths of suicide and how to talk to someone about whom you are worried. We actually have the participants practice what to say and how, so that they can do so, if and when they need to.
- ❖ **exploring stress & trauma** - In this module, there is discussion on the stress and trauma of deployment and of being home. We talk about how having a lot of stress or trauma does not guarantee PTSD, but we do want people to be attentive to their experiences. Facilitators will determine the amount and level of discussion warranted. Exercises that are practiced in this module include identifying signs of stress, relaxation techniques breathing practices, sleep habits, helping others, managing stress, developing a stress reduction plan, and specific informational handouts on PTSD and TBI.
- ❖ **relating to children** (for the caretakers of kids, not the kids themselves). What makes these modules useful and different from other programs are: a) we practice the skills/techniques with the participants during the module and b) we tailor the skills to the needs of the participants at that time. That means that not every exercise or activity is done each time a module is presented. Facilitators may adapt the exercises to fit the participants' goals.

To register, email [reconnection@redcross.org](mailto:reconnection@redcross.org), or [Wendy.Dyer@redcross.org](mailto:Wendy.Dyer@redcross.org) for those in NC, and state your name, unit location, unit phone number, date of unit return, anticipated attendance, which modules (if you'd like multiple modules plan enough time accordingly), location and date/time desired.

#### Operation USO Care Package

[http://www.uso.org/pubs/93\\_325\\_1391.cfm](http://www.uso.org/pubs/93_325_1391.cfm)

This United Service Organizations (USO) program enables individuals to financially support care packages that will be delivered to service members en route to overseas destinations. . . . Operation USO Care Package is approved by the Department of Defense, and provides a safe, easy way for individuals and corporations to show their prayers and thoughts are with our service members. . . . The Care Packages contain an assortment of items specifically requested by the military, such as prepaid international calling cards, disposable cameras, toiletries, and sunscreen.

Outward Bound for Vets – free programs - Helping Vets transition

[www.outwardbound.org/veteran-adventures/programs](http://www.outwardbound.org/veteran-adventures/programs)

Outward Bound for Veterans programs:

- build a supportive community with other war veterans
- facilitate genuine discussions on readjustment and transition challenges
- re-energize and reinvigorate spirits through adventures and challenges in a beautiful natural environment
- reduce the feeling of isolation
- provide the opportunity to bond with comrades outside of the typical military structure
- transfer veterans' military values and experiences to civilian life so that veterans are prepared to serve their stateside communities.

Paralysis – ReWalk exoskeleton to help with walking

<http://rewalk.com>

<http://bionicsresearch.com>

The ReWalk is the very first commercially viable upright system which enables individuals with lower limb disabilities to stand, walk and even take stairs independently. By restoring vertical mobility ReWalk delivers benefits in overall health, social interaction, and achieving economical healthcare.

For quadriplegics:

<http://nocamels.com/2014/08/taking-rewalk-to-the-next-level-upnride-is-a-real-wheelchair-clincher/>

<http://www.eksobionics.com/centers>

**WHAT IS EKSO?** Ekso™ is a bionic suit, or exoskeleton, which enables individuals with lower extremity paralysis to stand up and walk over ground with a weight bearing, four point reciprocal gait. Walking is achieved by the user's forward lateral weight shift to initiate a step. Battery-powered motors drive the legs and replace neuromuscular function.

Wheelchairs with suspensions

<http://www.karmanhealthcare.com/acrobat-soft-wheels-shock-absorbing/>

A brand new type of wheel has just been invented for wheelchairs and it features new shock absorbing technology which can completely change the way manual wheelchair user's travel through the terrain. Going over curbs, going down stairs, pretty much doing anything that used to be uncomfortable before is now going to be effortless. This is bound to be the new standard for wheelchair sports especially since they often involve high impact activity.

PTSD – VA websites

Main web site:

<http://www.ptsd.va.gov/public/index.asp>

Coping with PTSD

<http://www.ptsd.va.gov/public/treatment/cope/index.asp>

Treatment of PTSD

<http://www.ptsd.va.gov/public/treatment/therapy-med/index.asp>

Where to get help for PTSD

<http://www.ptsd.va.gov/public/where-to-get-help.asp>

“Reaching out is a sign of strength”

Information for active duty, Guard/Reserve, vets, families, and professionals.

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

The Real Warriors Campaign is a multimedia public awareness campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. Launched by the [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](http://www.DCoE.health.mil) (www.DCoE.health.mil) in 2009, the campaign is an integral part of the Defense Department’s overall effort to encourage warriors and families to seek appropriate care and support for psychological health concerns.

To reach the broadest audience possible, the campaign features a variety of strategies including outreach and [partnerships](#), [print materials](#), [media outreach](#), an interactive website, [mobile website](#) and [social media](#). The campaign features [stories of real service members who reached out for psychological support](#) or care with successful outcomes, including learning coping skills, maintaining their security clearance and continuing to succeed in their military or civilian careers. These Real Warriors are proving through example that reaching out is a sign of strength that benefits the entire military community.

In addition, the campaign encourages use of the [DCoE Outreach Center](#), a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Outreach Center can be reached by calling 866-966-1020, connecting through [live chat](#) or emailing [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org).

**[Military crisis line for service members, vets and their families: 800-273-8255, press ‘1’.](#)**

Scholarships for Military Children

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

The program is intended for those children who have a mother or father who are in active duty, reserve/guard, or retired military personnel. Or, if you are the survivor of a deceased member, and you have a military dependent ID card. You must be planning to attend a college or university on a full-time basis.

Scholarships for children and spouses of Gulf War era members killed or severely wounded in combat.

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

Through scholarships and other assistance, we’re giving back to the spouses and children of soldiers killed or disabled in service to our country. We’re providing healing, hope and an opportunity to realize their dreams with the help of people like you.

Sesame Street – resources for grown ups

<https://www.familiesnearandfar.org/resources/>

Military families are extraordinarily dedicated, strong, and resilient. The information and resources on these pages were created specifically to help parents and caregivers face the challenges of deployments, homecomings, changes, and grief. Here, you’ll find the support you need when your nation—and your family—needs you most.

Also: [Bullying](#)

<http://www.sesamestreet.org/parents/topicsandactivities/topics/bullying>

Since bullying is a complex issue, we assembled a panel of experts to provide additional information for parents, teachers, and caregivers. The goal of the following discussion is to give you a clear understanding of exactly what bullying is, how you can identify the signs of bullying, and what your role as an adult is to prevent or stop bullying.



[www.SoldierStrong.org](http://www.SoldierStrong.org) - helping paralyzed vets walk again

By utilizing state of the art bionic exoskeleton suits and the latest in robotic prosthetics, we are able to provide spinal cord injured and limb injured vets with the tools that have revolutionized the physical life enhancement and rehabilitation process once only imagined. Along with our SoldierScholar educational scholarship program, SoldierStrong is able to give our nation's heroes the ability to successfully move on to productive quality lives.

Social Security benefits

[www.socialsecurity.gov/pgm/survivors.htm](http://www.socialsecurity.gov/pgm/survivors.htm)

This is the program for anyone, civilian or military, who survives a spouse.

[www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors)

Disability benefits for Wounded Warriors. Military service members can receive expedited processing of disability claims from Social Security. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Social & Physical Connections with other Vets

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

Team Red White and Blue's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

Special Operations Warrior Foundation

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

Provides scholarships and family counseling to the children of special operations personnel who die in the line of duty, and immediate financial assistance to severely wounded special operations personnel and their families.

Stress support for the USMC

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

From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DStress Line was developed by the Corps to provide professional, anonymous counseling for Marines, attached Sailors, and families when it's needed most. Talk, chat, and listing of area resources. Call: 877 476 7734.

Suicide Prevention

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

We're veterans who understand the military mindset and training. We offer a high-touch service with free resources for many of the stresses veterans face: job loss, relationship issues, mental health needs, financial worries, housing and more. We're here for our brothers and sisters in arms in their greatest hour of need.

**BUT YOU HAVE TO WANT TO GET WELL. YOU HAVE TO ASK FOR HELP.** We've found that is the difference. And once you ask for help, we're in it with you for the long haul. We'll ruck it with you the whole way. We've got your 6.

TBI Information – Defense & Veterans Brain Injury Center

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

Educational information, videos, locating DVBIC nearby, resources, apps, research on the subject of TBI and concussion in the military.

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

TRR was initially established to help active duty military personnel wounded in Iraq and Afghanistan who were recovering at Walter Reed Army Medical Center. TRR creates an innovative paddling program designed to assist with the recovery of those injured while serving our country.

Tragedy Assistance Program for Survivors

<http://www.taps.org/>

TAPS is a national non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. The heart of TAPS is our national military survivor peer support network. We also offer grief counseling referral, case worker assistance and crisis information, all available to help families and military personnel cope and recover. We provide these services 24 hours a day free of charge.

Traumatic Brain Injury

<http://www.traumaticbraininjuryatoz.org>

This site provides an informative and sensitive exploration of Traumatic Brain Injury (TBI), including information for patients, family members, and caregivers. Topics include types and symptoms of brain injury, TBI treatment and recovery, and helpful insights about the potential long-term effects of brain injury. Animation is used to help patients clearly understand the brain, and the results of injuries to different parts of the brain. Survivors and their caregivers share courageous stories about their own experiences, providing down-to-earth facts along with inspiration and hope. Information is available on mild, moderate, and severe TBI, FAQs, caregiver issues, and resources.

Treats for Troops

[www.treatsforthetroops.us](http://www.treatsforthetroops.us)

We pay for shipping and supplies God Willing, and any donations will be used for troops needs. We specialize in adopting entire squads, platoons, companies, battalions, and brigades, sending larger boxes (30-70 pounds) to share. Our care package boxes are currently reaching a division sized bunch of troops in various countries, but we depend on your donations and contributions!

We support all branches of our armed forces as they support our rights to be free Americans.

Supporting our troops with care packages in OEF and OIF since 2006.

Treat the Troops

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

Treat The Troops was started by Jeanette Cram of Hilton Head Island, SC. She loves to bake cookies for the military men and women serving our country. Her friends, referred to as "Crumbs," help make the batter, pack the cookies, prepare the shipping and customs labels. What began in her kitchen in 1990 during the Gulf War has grown to a nationwide network of committed volunteer "crumbs" who have rallied their friends, businesses and school groups to participate and share in the good feeling of supporting the troops in harm's way.

VA Benefits – obtaining assistance in getting them

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

Military [veterans seeking benefits](#) often run into months and even years of government forms, medical exams and bureaucratic red tape. It may seem as if those benefits will never come. But disabled veterans who are still fighting for compensation should not give up — the VA-accredited claims agents at The Rep for Vets® offer the help they need. Our claims agents represent veterans in the United States in their cases before the Department of Veterans Affairs.

#### VA Locator

<http://www1.va.gov/directory/guide/division.asp?dnum=1>

Locates the nearest VA clinic, nationwide.

VA Benefits for PTSD – info on the process, the exam for them, obtaining them, appeals, etc.

[http://en.m.wikipedia.org/wiki/Veterans\\_benefits\\_for\\_post-traumatic\\_stress\\_disorder\\_in\\_the\\_United\\_States#Veterans\\_ServiceOfficers\\_Associated\\_with\\_Nonprofit\\_Veterans\\_Service\\_Organizations](http://en.m.wikipedia.org/wiki/Veterans_benefits_for_post-traumatic_stress_disorder_in_the_United_States#Veterans_ServiceOfficers_Associated_with_Nonprofit_Veterans_Service_Organizations)

#### VA Healthcare for OIF/OEF/OND vets

[www.oefoif.va.gov/index.asp](http://www.oefoif.va.gov/index.asp)

Information on what services are available, including or free health care, dental benefits, family support through Vet Centers, GI Bill benefits, finding a job, and how to enroll.

#### Vet Centers

[http://www.vetcenter.va.gov/Vet\\_Center\\_Services.asp](http://www.vetcenter.va.gov/Vet_Center_Services.asp)

**Service is available to vets who are other than honorably discharged.**

If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) than your family is eligible for Vet Center services.

Our Centers offer a wide range of services to help you make a successful transition from military to civilian life. You've earned these benefits and there is no cost to you or your family members. Services include -

- individual & group counseling
- marital and family counseling
- bereavement counseling
- medical & benefits referrals
- employment counseling

Readjustment counseling is offered to eligible Veterans and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

#### Vet Jobs.Com

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

A full-service job and resume posting site that was founded by two former Navy officers with the belief that “veterans make the best employees.” A completely free service.

### Veteran Employment

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

Working exclusively with Monster.com this site allows you to search for jobs, including those with security clearance.

### Vets 4 Warriors (855 VET TALK, 855 838 8255. available 24/7)

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

Talk on the phone for ongoing support or chat on line, resources, tips for handling stress, referrals (legal, housing, medical, psychological and other needs).

We are here to help. We have all served in uniform for the United States Military. Some members of our staff have served in combat missions while others have served in supporting and peace keeping missions. However, we are all Veterans of the United States Military and we are all here to help the men and women who are currently serving or have served in the National Guard and Reserve.

While our mission is to serve military and Veterans, we are a separate organization outside of the military. We are also separate from the Veterans Administration. We don't discuss your calls with the military, the VA, or anyone else; your calls to us are completely confidential and, if you choose, you may remain anonymous.

Our staff will listen and not judge you for anything. If you want to just talk, we will support that. If you need some information, we can help you find it. Our deal is to partner with you on your quest and do our best to help you succeed.

### Veteran Treatment Courts

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

For vets who have criminal problems, there is an alternative program designed to keep them out of jail. The program requires regular court appearances (every other week as a minimum, initially), as well as mandatory attendance at treatment sessions, and frequent and random testing for substance abuse. There is also a 'one stop shop' linking vets with programs and benefits and services they have earned. Justice for Vets uses a holistic community based approach to address the specific needs of justice-involved vets, keeping them out of jail and engaged with their families and communities where they belong.

### Voc Rehab for Vets

<http://www.benefits.va.gov/vocrehab/>

You may receive vocational rehabilitation and employment services to help with job training, employment accommodations, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment. Click on the "How to Apply" tab to learn more and apply for vocational rehabilitation and employment services.

**For Service members and Veterans** VA's Education and Career Counseling program is a great opportunity for service members and Veterans to get personalized counseling and support to help guide their career paths, ensure the most effective use of their VA benefits, and achieve their goals. [Learn more and apply for education and career counseling:](#)

[http://www.benefits.va.gov/VOCREHAB/edu\\_voc\\_counseling.asp](http://www.benefits.va.gov/VOCREHAB/edu_voc_counseling.asp)

Talking about war injuries to children and health care providers

<http://www.couragetotalk.org/index.php>

A campaign to help healthcare providers and families communicate more effectively about war injuries.

Women Vets

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

Information on a variety of topics including but not limited to:

- ❖ General benefits
- ❖ Disability compensation
- ❖ Pension
- ❖ Home loans
- ❖ Survivor benefits
- ❖ Life insurance
- ❖ PTSD
- ❖ Mental health issues

There is also a women's Veterans hotline – 855 VA WOMEN (855 829 6636) which can offer information about eligibility, benefits, health care and other services, and can route calls within the VA when needed. Agents are also trained to respond to crisis situations such as suicidal behavior, homelessness, sexual trauma, and domestic violence.

Wounded Warrior – health & healing through whitewater boating

Wounded Warrior Project

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

Dedicated to raising awareness of the plight of injured service members, while directing programs and services to meet their need.

Wounded Warrior resource directory: connecting wounded vets, families and caregivers to those who support them.