

Veterans Crisis Line



**DIAL 988 then
PRESS 1**

Veterans Crisis Line

1.800.273.TALK (8255)
www.veteranscrisisline.net

Give an Hour providers

www.giveanhour.org
Click on "Search for a Provider"

Substance Abuse & Mental Health Services Administration (SAMHSA)

1.800.622.HELP (4357)
www.samhsa.gov

Patients Like Me online network

www.patientslikeme.com

Print this page twice (back-to-back) then you can cut out the 4 boxes as 2-sided information cards you can hand out to people in need.

VA Health Care

1.877.222.VETS (8387)
www.va.gov/health

PTSD Coach Online Apps

www.ptsd.va.gov/PTSD/apps/ptsdcoachonline

**Defense Centers of Excellence for
Psychological Health & Traumatic
Brain Injury**
www.dcoe.mil

VA Vet Center Program

www.vetcenter.va.gov/



KNOW THE FIVE SIGNS OF EMOTIONAL SUFFERING

JODY MCKINNEY
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**VETERANS AND FAMILY
SUPPORT CHAIRMAN**