



IDNG J9 - SERVICE MEMBER & FAMILY SUPPORT

# RESOURCES OF CARE

AUGUST 2024



## OUR MISSION

Connecting resources to needs, and building protective factors to support readiness through happy and resilient Service Members & Families who feel their membership in the National Guard adds value to their lives.

The information in this packet includes resources provided by the IDARNG, community, and online sources to support service members, veterans and their families.

Join our Idaho National Guard Service Member & Family Support Facebook Group & Instagram:

Visit us online:

- Events calendar
- Resource flyers
- Resources of Care handout



## CONTACT US

Call us for more information:  
**Idaho Service Member & Family Support**  
**1-800-479-7006**

4250 Cessna St BLDG 270  
Boise, ID 83705  
Bldg Hrs: 7am-4pm

Visit us online at:

<https://www.imd.idaho.gov/ida-ho-national-guard/family-programs/>

Find our Resources of Care online:  
<https://www.imd.idaho.gov/wp-content/uploads/J9-Resources-of-Care--Feb-2024.pdf>

# YELLOW RIBBON PROGRAM

## MISSION STATEMENT

The Yellow Ribbon Program is poised to provide sufficient information, services, referral, and proactive outreach opportunities for Service Members and their families throughout the deployment cycle.

No one should embark on a deployment or see a loved one deploy without first knowing the benefits, resources, and contacts to navigate the deployment cycle. This is the philosophy of the Yellow Ribbon Program.

The program helps service members and their families in the National Guard connect with their local support community before, during, and after deployments.



## DEPLOYMENT SUPPORT CYCLE COORDINATOR:

SFC WILLIAM KASERMAN  
208-272-8329

[WILLIAM.P.KASERMAN.MIL@ARMY.MIL](mailto:WILLIAM.P.KASERMAN.MIL@ARMY.MIL)

SGT REBECCA JAILLETT

[REBECCA.F.JAILLETT.MIL@ARMY.MIL](mailto:REBECCA.F.JAILLETT.MIL@ARMY.MIL)

# YELLOW RIBBON REINTEGRATION PROGRAM

The Yellow Ribbon Reintegration Program supports service members and their families with the transition of reintegrating back into the family and community after a deployment.

IDAHO NATIONAL GUARD



YELLOW RIBBON REINTEGRATION PROGRAM

For Those Who Serve and Those Who Support<sup>SM</sup>





# MILITARY AND FAMILY READINESS SPECIALISTS

MFRS offer information and referral services to service members and their families. Professional consideration and confidentiality are fundamental elements each of the specialists adhere to; from personal issues requiring advice, to difficult challenges resulting in resource referrals.

Our offices are located throughout the state and are organized to provide regional support for families of geographically dispersed service members. Our goal is to provide information, referral and outreach to service members and their families. We may be called upon 24 hours a day to provide necessary support.

We offer the following essential services (and more) to members residing within the support area:

- Crisis Intervention and Referral
- Legal Resource and Referral
- Financial Resource and Referral
- TRICARE Resource and Referral
- ID Cards and Defense Enrollment Eligibility Reporting System (DEERS)
- Community Information and Outreach
- Soldier & Family Readiness Groups (SFRG)
- EFMP (Exceptional Family Member Program)
- EFAC (Emergency Family Assistance Center)

## CHILD & YOUTH PROGRAM

**The Child & Youth Program provides a variety of services to military youth and their families, such as event programming, leadership opportunities, enrichment services and resources developed to strengthen resiliency, community and the family unit.**

**LEAD CHILD AND YOUTH COORDINATOR**  
CYNTHIA BALLESTEROS  
208-272-4387  
CYNTHIA.A.BALLESTEROS.CTR@ARMY.MIL  
CYNTHIA.BALLESTEROS.CTR@GMAIL.COM

**CHILD AND YOUTH COORDINATOR**  
JULIA VILLAGOMEZ  
208-272-8397  
[IDNGCYP@GMAIL.COM](mailto:IDNGCYP@GMAIL.COM)



### LEAD SPECIALIST

Cassandra Rzepa  
5453 E Seltice Way  
Post Falls, ID 83854  
(208)272-7532 / (208)608-3816  
[cassandra.k.rzepa.nfg@army.mil](mailto:cassandra.k.rzepa.nfg@army.mil)

### BOISE SPECIALIST

Diann Scheetz  
4250 Cessna St. Bldg 270  
Boise, ID 83705  
(208)272-4355 / (208)608-8204  
[diann.l.scheetz.nfg@army.mil](mailto:diann.l.scheetz.nfg@army.mil)

### CALDWELL SPECIALIST

Glen Fuchs  
1200 S Kimball St.  
Caldwell, ID 83605  
(208)272-7311 / (208)608-8230  
[glen.w.fuchs2.nfg@army.mil](mailto:glen.w.fuchs2.nfg@army.mil)

### TWIN FALLS SPECIALIST

Sonya Nowland  
1069 Frontier Rd.  
Twin Falls, ID 83301  
(208)272-7029 / (208)608-3969  
[sonya.d.nowland.nfg@army.mil](mailto:sonya.d.nowland.nfg@army.mil)

### POCATELLO SPECIALIST

Hiedi Young  
10714 Fairground Rd.  
Pocatello, ID 83202  
(208)272-7188 / (208)608-3888  
[hiedi.b.young.nfg@army.mil](mailto:hiedi.b.young.nfg@army.mil)

### IDAHO FALLS SPECIALIST

Beverly McLendon  
575 W 21st St.  
Idaho Falls, ID 83402  
(208)272-7774 / (208)608-8042  
[beverly.l.mclendon.nfg@army.mil](mailto:beverly.l.mclendon.nfg@army.mil)

### LEWISTON SPECIALIST

Keesha West  
2707 16th Ave.  
Lewiston, ID 83504  
(208)272-7432 / (208)608-8185  
[keesha.l.west.nfg@army.mil](mailto:keesha.l.west.nfg@army.mil)

### POST FALLS SPECIALIST

Brandi Stordahl  
(208) 272-7580 / (208) 608-3895  
[brandi.s.stordahl.nfg@army.mil](mailto:brandi.s.stordahl.nfg@army.mil)

# MILITARY ONESOURCE

Military One Source is a confidential Department of Defense-funded program providing comprehensive information 24/7 on every aspect of military life at no cost to active duty, guard, and reserve component members and their families. Information includes, but is not limited to; deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood, and more.

## IDAHO MOS CONSULTANT:

**Matthew Barley**

matthew.barley@militaryonesource.com

(208) 590-2486



## PERSONAL FINANCIAL COUNSELORS (PFC)

The PFC Program is open to current members of the armed services, family members and service members 6 months past separation or retirement. The Office of Financial Readiness program offers personal finance counselors to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

- Support and Counseling Services:
- Confidential financial consultations for individuals & families
- Referrals to military and community resources
- Help with credit management and budgeting
- Assistance with navigating benefits

### PERSONAL FINANCE COUNSELOR

**JENNIFER WOOD, Accredited Financial Counselor**

**O. 208-272-8332 C. 986-210-3971**

jennifer.m.wood26.ctr@army.mil

## RETIREMENT SERVICES OFFICE

The Idaho National Guard Retirement Services office provides assistance with processing retirement packets for non-traditional retirements. In addition, the office provides assistance with enrollment in TRICARE insurance and dental/vision plans through FEVIP. This office also assists with survivor benefits for widows/ widowers upon the passing of the retiree.

### Retiree Outreach Officer

**Bill Fackler**

208-272-3815 | william.e.fackler.nfg@army.mil

## IDAHO GUARD AND RESERVE FAMILY SUPPORT FUND

The IGRFSF provides grants and zero-interest loans for emergency and urgent situations for Idaho National Guard & Reserve members and their respective families. Contact your local Soldier and Family Readiness Specialist for more information about how to apply for the Family Support Fund. Or contact the Administrator directly.

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

Contact your local Service Member & Family Support Specialist for more information. (Contact info can be found on Pg. 3)

## TRANSITION ASSISTANCE

Direct liaison to VA health and disability benefits and Vets Center Information. Serves as a first line of support for returning veterans to help troubleshoot concerns surrounding their benefits, education assistance, employment and other issues they may encounter when they return home from deployment or transition back into civilian life.

Transition Assistance Advisor (S. Idaho)

Samantha Rex

626-345-8762 | SRex@gapsi.com

Transition Assistance Advisor (E. Idaho)

Hailey Rienstra

202-987-3906

Transition Assistance Advisor (N. Idaho)

Angel Smith

202-987-3877 | angel.smith@gapsi.com

# MENTAL HEALTH CARE AND COUNSELING

**IDNG Crisis/ Suicide Hotline: 208-272-TALK (8255) ( After Hours Line)**

## BEHAVIORAL HEALTH & WELLNESS TEAM

IDNG Behavioral Health & Wellness offers free and confidential mental health care and counseling for service members of all branches of the military, veterans, retirees and families. We provide individual, couples, families and group counseling services at Gowen Field as well as Telehealth Video sessions in the privacy of your own setting. **For appointments call our Case Manager, Marina Uhlenkott Office: (208) 272-8802.**

*Director of Psychological Health:* Suzi Schaefer, MSW, LCSW, Office: 208-272-3786

Rona Brumpton, LCPC, LMFT, Boise Office: 208-272-8393

Kelley Pierce, LPC LLPC, NCC, LSOTP, Boise Office: 208-272-8392

Chris O'Toole, MSW, LCSW, Boise Office: 208-272-4893

Ka-Sia Baumer, MSW, LCSW, Southeastern Idaho Office: 208-272-7160

Maurica Nelson, LCSW, Northern Idaho Office: 208-272-7531


### Adult/ Youth Military & Family Life Counselor (MFLAC)

Provides assistance to military families with life skills information and education. We provide direct, short-term, solution-focused counseling to individuals, couples, families and groups.

**MFLAC**

**(208) 371-3306**


[ngboiseidsurge@magmflc.org](mailto:ngboiseidsurge@magmflc.org)



Free, confidential support 24/7,  
365 days a year.

- Dial 988 then Press 1
- Chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat)
- Text 838255

Veterans Crisis Line  
DIAL 988 then PRESS 1



## BEHAVIORAL HEALTH

Assists soldiers and families in developing knowledge and skills to improve physical, behavioral and emotional health through wellness promotion and preventative measures. Provides brief solution-focused interventions utilizing evidence based educational materials. Offers support and monitoring of desired behavioral health change plans.

### ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

(208) 272-3786

### AIR DIRECTOR OF PSYCHOLOGICAL HEALTH

(208) 422-5313

## TOTAL HEALTH



Total Health focuses on bringing balance and self-awareness to Service Member's health and wellbeing, to create strong and mission ready teams. This model focuses on all aspects of health & wellness, to include spiritual, emotional, social, intellectual, physical, occupational, financial, and environmental health.

### HEALTH & WELLNESS PROJECT OFFICER

LTC Jennifer Pate

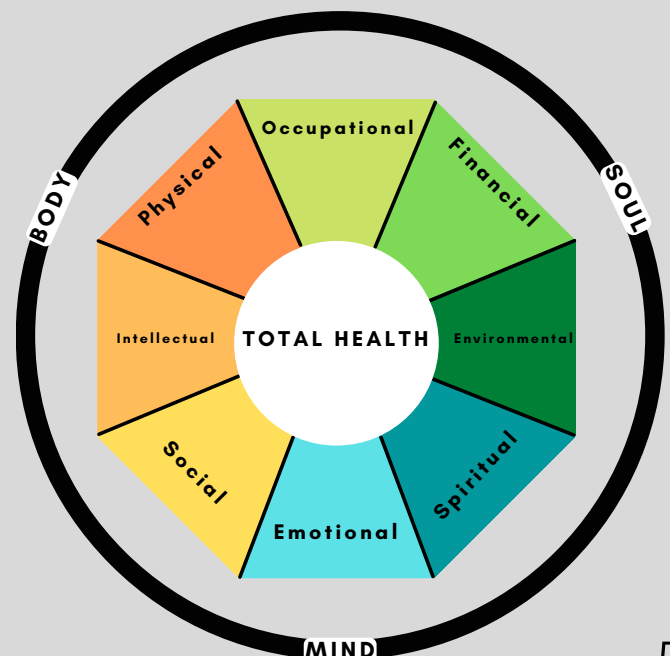
253-310-8359 | [jennifer.l.pate15.mil@army.mil](mailto:jennifer.l.pate15.mil@army.mil)

### HEALTH & WELLNESS NCO

SSG Jordan Seward

208-272-8310 | [jordan.j.seward.mil@army.mil](mailto:jordan.j.seward.mil@army.mil)

Located in Building 254



# SEXUAL ASSAULT RESPONSE COORDINATORS (SARC)

The Joint Forces Headquarters Sexual Assault Response Coordinators serve as the single point of contact with the State of Idaho Military Division to coordinate a response to sexual assault when a report is made. We assist the senior commander to ensure victims receive responsive care, and refer or assign victims to a victim advocate. The SARC tracks each individual from beginning to end to ensure that all victims receive the proper care and treatment they deserve. Additionally, the SARC ensures proper reporting and confidentiality.

**24/7 HELPLINE: 208-447-6166**

## State Sexual Assault Prevention & Response Officer

Julie Whirlow

208-272-8304 | julie.l.whirlow.civ@army.mil

## Army Sexual Assault Response Coordinator

Sean Egbert

208-272-4306 | sean.t.egbert.mil@army.mil

## Wing Sexual Assault Response Coordinator

Amanda Nowak

208-422-6373 | amanda.nowak@us.af.mil

## JFHQ Victim Advocate

Nichole Kiesel

208-272-8300 | nichole.r.kiesel.civ@army.mil

# RESILIENCE, RISK REDUCTION, SUICIDE PREVENTION (R3SP)

## Risk Reduction Coordinator

Ashley Green

ashley.e.green24.ctr@army.mil

208-272-8398

## Substance Abuse Prevention Coordinator

Morgan Proud

morgan.c.proud.ctr@army.mil

(208) 272-3276

## Suicide Prevention Coordinator

Anna Murrin

anna.m.murrin.ctr@army.mil

(208) 272-8522

## IDANG R3SP Coordinator

Robert Smith

robert.b.smith319.civ@army.mil

(208) 272-2228

## USEFUL HOTLINES:

### DOD SAFE HELPLINE:

**877-995-5247**

### National Domestic Violence Hotline

**1-800-799-SAFE (7233)**

NDVH provides crisis intervention, information and referral to victims of domestic violence, perpetrators, friends and families.

### Women's and Children's Alliance

The WCA operates two 24-hour crisis hotlines. If you or someone you know needs help, call these numbers:

### Domestic Violence Hotline:

**(208) 343-7025**

### Rape Crisis Hotline:

**(208) 345-7273 (RAPE)**

### VA Suicide Hotline

**800-273-TALK (8255)**

Press 1 for the veteran's line  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Defense and Veterans Brain Injury Center

**800-870-9244**

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

### National Center for PTSD

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

### Drug Help Line:

**800-662-HELP (4357)**

### Gambling Help Line:

**800-270-7117**



**American  
Red Cross**

## SERVICES TO ARMED FORCES

The American Red Cross provides emergency communications, access to emergency financial assistance, information and referrals for military families. Be sure to have the service member's unit information, rank, APO, and social security number as well as verifiable information readily available.

**Red Cross Emergency Communications Representative: 877-272-7357**



## ID DEPT OF HEALTH AND WELFARE

Report abuse and/or neglect 24/7: **1-855-552-KIDS (5437)**  
or within the Treasure Valley: **1-208-334-KIDS (5437)**

Child Abuse Hotline: **1-800-4-A-CHILD**

*The National Child Abuse Hotline is open 24/7 and calls are anonymous.*

Child Protective Service- State of Idaho: **1-800-926-2588/**  
**(TDD 208-332-7205) Idaho Care Line 211**

The 2-1-1 Idaho Care Line is a free state-wide community information and referral service. This program is part of the Idaho Department of Health and Welfare. Our comprehensive database includes programs that offer free or low-cost health and human services or social services such as; rental assistance, energy assistance, medical assistance, food and clothing, child care resources, emergency shelter, and more.

Agents at the 2-1-1 Idaho Care Line connect people in need with government, faith-based, and community resources.

## HEALTH CARE

All returning soldiers/ families have 180 days of transition health benefits. If you were enrolled in PRIME or Prime Remote during the deployment, you will need to re-enroll for the Transitional Assistance period. **1-844-866-9378 | [www.tricare-west.com](http://www.tricare-west.com)**



## SURVIVOR OUTREACH SERVICES



The Army has a commitment to the families of our fallen warriors. Our mission is to provide support, information and services to the families of fallen warriors where those families reside for as long as they desire.

**Visit our FB Page:**  
<https://www.facebook.com/IDSOS/>

**SOS Coordinator (Idaho Falls)**  
208-272-7771 | 208-243-6342  
[Carmen.l.Peters.ctr@army.mil](mailto:Carmen.l.Peters.ctr@army.mil)

## JUDGE ADVOCATE GENERAL (JAG)

Assists with military-related issues (i.e. difficulty with creditors, POA issues, child custody, etc.)

JAG Office: LTC Stokes | **208-272-5474**  
**[stephen.a.stokes.mil@army.mil](mailto:stephen.a.stokes.mil@army.mil)**

## ID CARDS/ DEERS

- Provide information on DEERS Rapids Centers
- Assist with obtaining ID Cards

**Hours: Tues-Fri 7am-4pm**

ID Cards Office: **208-272-3802**



## CHAPLAINS & CHAPLAIN SUPPORT

Chaplain support is provided to all members of the Idaho Army National Guard through the office of the State Chaplain. Support is extended to spouses and family members with confidential counseling available at any time. A chaplain is available through your chain of command or you may contact their office directly.



### State Chaplain

CH (COL) Robert Morris  
208-272-6468 | 208-608-4825  
[robert.w.morris1.mil@army.mil](mailto:robert.w.morris1.mil@army.mil)

### Full Time Religious Affairs NCO

SSG Colton Sabala | 208-272-4311  
[colton.j.sabala.mil@army.mil](mailto:colton.j.sabala.mil@army.mil)



# EDUCATION AND EMPLOYMENT

The IDARNG Education Office assists soldiers with pursuing their civilian higher education goals and promotes life-long learning by administering a number of different programs including GI Bill, Tuition Assistance, and CLEP testing.

IDARNG soldiers may qualify for up to four different GI Bill programs with various payment rates (dependent on their enlistment and deployments).

## IDARNG Education Services Officer (ESO)

208-272-3330 | 208-272-3615

[john.e.harris4.civ@mail.mil](mailto:john.e.harris4.civ@mail.mil) | [lisa.j.rankins.civ@mail.mil](mailto:lisa.j.rankins.civ@mail.mil)

## NATIONAL GUARD EMPLOYMENT SUPPORT

### State Equal Employment Manager

The Idaho National Guard Equal Employment Opportunity (EEO) philosophy is based on fairness, justice, and equity. The EEO program formulates, directs, and sustains a comprehensive effort to maximize human potential and to ensure fair treatment for all persons based solely on merit, fitness, and capability in support of readiness.

#### Albert Gomez, State EEO Manager

208-272-4224 | [albert.j.gomez2.civ@army.mil](mailto:albert.j.gomez2.civ@army.mil)

[inghro.idaho.gov/hr/pocs/eoo/eoo.htm](http://inghro.idaho.gov/hr/pocs/eoo/eoo.htm)

### Employer Support for Guard & Reserve (ESGR)

Promotes cooperation and understanding between reserve component members and their civilian employers to assist in conflict resolution arising from employee's military commitment.

[www.esgr.mil](http://www.esgr.mil)

### ESGR, Volunteer Support Technician

#### Shelly Bates

[shelly.l.bates.ctrearmy.mil](mailto:shelly.l.bates.ctrearmy.mil) | 208-272-3346

### Wyakin Wounded Warrior Academy

Helping severely wounded or ill Post 9/11 Veterans transition from the military to a civilian career through education, mentorship, professional development, and networking.

[www.wyakin.org](http://www.wyakin.org) | 208-995-9952

## EDUCATION CONTACTS

### GoArmyEd - Tuition Assistance

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

### eBenefits

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

### DoD Transferability Website (Post 9/11 GI Bill)

[www.dmdc.osd.mil/identitymanagement](http://www.dmdc.osd.mil/identitymanagement)

### VA Application

<http://vabenefits.vba.va.gov/vonapp/>

### CLEP Information

[www.dantes.doded.mil](http://www.dantes.doded.mil)



## POST-9/11 GI BILL

GI Bill VA Website to include DoD transferability  
Post 9/11 GI Bill/ VA Application

1-888-442-4551

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

<http://vabenefits.vba.va.gov/vonapp/main.asp>

GKO: Post 9/11 GI Bill Information:

<https://gkportal.ngb.army.mil/>

## BOISE STATE UNIVERSITY VETERANS UPWARD BOUND

Veterans Upward Bound is one of several TRIO programs on the Boise State University campus and is designed to help veterans prepare for and succeed in post-secondary education. We serve veterans planning to attend college, universities, technical schools, certificate programs and more.

<https://www.boisestate.edu/education-vub/>

### Idaho Division of Veterans Services

[www.veterans.idaho.gov](http://www.veterans.idaho.gov)

### Employer Partnership of the Armed Forces

A direct link to help employers find service members and their families for employment opportunities.

1-877-450-HIRE (4473) | <https://h2h.jobs/>

[www.employerpartnership.org](http://www.employerpartnership.org) |

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

### Idaho Dept of Labor

(208) 332-3275 ext. 3272 | [labor.idaho.gov](http://labor.idaho.gov)



# COMMUNITY BASED OUTPATIENT CLINICS

## CALDWELL CLINIC

4521 Thomas Jefferson Dr  
Caldwell, ID 83605  
208-454-4820

## LEWISTON IDAHO CBOC

1630 23rd Ave Lewiston, ID 83501  
208-746-7784

## TWIN FALLS CLINIC

260 2nd Ave East  
Twin Falls, ID 83301  
208-732-0959

## COEUR D'ALENE CBOC

915 W. Emma Ave  
Couer d'Alene, ID 83814  
208-665-1700

## POCATELLO CBOC

444 Hospital Way Suite 801  
Pocatello, ID 83201  
208-232-6214

## IDAHO FALLS CLINIC

3544 E 17th St Suite 104  
Ammon, ID 83406  
208-522-2922

## GRANGEVILLE CLINIC

711 West North St  
Grangeville, ID 83850  
208-983-4671

## BURNS CLINIC

271 N. Egan Ave Burns, OR 97720  
541-573-3331

## MOUNTAIN HOME CLINIC

815 N 6th St E  
Mt. Home, ID 83647  
208-580-2001

## SALMON OUTREACH CLINIC

705 Lena St Salmon, ID 83467  
208-756-8515

# MEDICAL AND HEALTH



## VETERANS HEALTH ADMINISTRATION

Provides a full range of healthcare for veterans, to include prescription, surgery, counseling and rehabilitation. Soldiers may take advantage of this benefit for a 5 year period, following deployment, for an illness potentially related to service in a contingency operation. To receive care, veterans must first enroll by submitting a VA form 10-10EZ. Visit our website or call for more information.

[www.va.gov](http://www.va.gov) | 800-827-1000

### SPOKANE VA MEDICAL CENTER

4815 N. Assembly St. Spokane,  
WA 99205-6185  
509-434-7000  
[www.spokane.va.gov](http://www.spokane.va.gov)

### BOISE VA MEDICAL CENTER

500 Fort St. Boise, ID 83702  
208-422-1000  
[www.boise.va.gov/](http://www.boise.va.gov/)

### JOHNATHAN M WAINWRIGHT VA MEDICAL CENTER

77 Wainwright Dr.  
Walla Walla, WA 99362  
888-678-8863 | 509-525-5200  
[www.wallawalla.va.gov](http://www.wallawalla.va.gov)

## VETERAN CENTER

Vet centers are a national program that provide resources and readjustment counseling to active duty service members & veterans who served in a hostile or combat area. Services are provided at no cost to veterans or their families and are private and confidential. These centers are staffed with veterans who can help you connect with community resources for jobs and networking.

[www.vetcenter.va.gov](http://www.vetcenter.va.gov) for more information and a list of services

- Boise | 208-342-3612
- Boise Mobile | 208-342-3612
- Spokane | 509-444-8387
- Pocatello | 208-232-0316
- Walla Walla | 509-525-9034

## OTHER RESOURCES

### US DEPT OF VETERAN AFFAIRS

800-827-1000  
[www.va.gov](http://www.va.gov)

### HEALTH CARE

877-222-8387  
[www.va.gov/health/index.asp](http://www.va.gov/health/index.asp)

### LIFE INSURANCE

800-669-8477  
[www.insurance.va.gov](http://www.insurance.va.gov)

### NATIONAL CEMETERY ADMINISTRATION

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

### REPLACEMENT OF DISCHARGE DOCUMENTS | NATIONAL RECORDS CENTER

[www.vetrecs.archives.gov](http://www.vetrecs.archives.gov)



## H.E.R.O.E.S. CARE

A national network of mental health care providers who give an hour of their time each week to help members of the military and their families cope with the unseen wounds associated with military service. With over 5,000 member, these caring professionals can provide tens of millions of dollars in free mental health services each month.

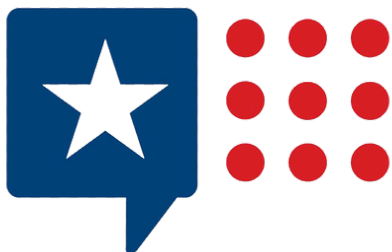
## COURAGE TO CARE UNIFORMED SERVICES UNIVERSITY

**Courage to Care** provides electronic fact sheets on timely health topics relevant to military life. Content is developed by leading military health experts from Uniformed Services University of Health Sciences, your nation's federal medical school.

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

IT'S OK TO ASK FOR  
HELP ON AND OFF THE  
BATTLEFIELD.

## Veterans Crisis Line



1-800-273-8255

PRESS 1

**Give and Hour** is a 501 (c)(3) organization with the mission "to develop a national network of volunteers capable of responding to both acute and chronic conditions that arise within our society." GAH's focus is to meet the mental health needs of troops who served in Iraq and Afghanistan, as well as their families. Their services are free of charge and insurance information is not needed to receive help.

<http://heroescare.org/partners/>



## PSYCHOLOGICAL HEALTH CENTER OF EXCELLENCE

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury runs a resource center that provides information and resources about psychological health, post-traumatic stress disorder, and traumatic brain injury. The center can be contacted 24/7 by phone, email, or live chat.

866-966-1020

[resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)  
DCoE Outreach Center Live Chat

## WOUNDED WARRIOR RESOURCE CENTER

An online partnership for wounded, ill and injured service members, veterans and their families. Services include benefits and compensation, education, training, employment, caregiver support, health, housing and transportation.

<https://www.woundedwarriorproject.org/programs/wwp-resource-center>



Qualified service and family members will receive 100% free counseling services as a supplement to what is offered by the military. Private counseling with licensed professionals.

<https://comraderiefoundation.org/>  
407-841-0071