

HONOR WITH CARE

Working Together to Prevent Veteran Suicide and Gun Violence

A National Roundtable Discussion to Equip Faith Communities

A pair of white gloves is shown holding a folded American flag. The flag is blue with yellow stars and red and white stripes. The background is dark and out of focus.

RESOURCE GUIDE

May 2022

The resources listed in this guide are offered by local, state, and national organizations providing emergency resources, crisis services, mental health care, and training for suicide prevention, intervention, and postvention.

Emergency Resources

[911](#)

Crisis Services

[Veterans Crisis Line](#): Are you a Veteran in crisis or concerned about one?
To connect with a Veterans Crisis Line responder anytime day or night:

- **Call 800-273-8255**, then Press 1, or
- **[Start a confidential chat](#)**, or
- Text to 838255.
- If you have hearing loss, call TTY: 800-799-4889.

[War Vet Call Center](#): The VA War Vet Call Center is a confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.

- **Call 1-877-WAR-VETS** (1-877-927-8387), 24/7.

[National Call Center for Homeless Veterans](#): This hotline is intended to assist homeless veterans or veterans at-risk for homelessness and give them access to trained counselors 24/7.

- **Call 1-877-4AID VET** (877-424-3838)

[Women Veterans Call Center](#): The VA Women Veterans Call Center (WVCC) provides VA services and resources to women Veterans, their families, and caregivers. You can also chat online anonymously with a WVCC representative.

- **Call 1-855-VA-Women** (1-855-829-6636) Monday–Friday 8am–10pm ET; Saturday 8am–6:30pm ET.
- **[Chat](#)** Monday–Friday 8am–10pm ET, Saturday 8 am–6:30pm ET.

Mental Health Resources for Veterans

[Make the Connection Mental Health Resource Locator](#): This website offers veterans an easy way to search for resources through the VA, SAMHSA or the National Resource Directory in one place. Use their Resource Locator to get started.

[American Foundation for Suicide Prevention](#) (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP's mission is saving lives and bringing hope to those affected by suicide. They offer [a wide range of suicide prevention resources for Veterans and their families](#), including educational materials, local chapters, programs, and events in all 50 states. [Find a local chapter here](#).

[VA Community Mental Health Points of Contact by State](#)

[National Center for PTSD](#): Offers a broad range of information about post-traumatic stress disorder and treatment options as well as a VA facilities locator. You may also call (802) 296-6300.

[TEXVET.org](#): Trusted listing of Veteran's Services Providers in Texas, searchable by zip code.

[Texas Veterans Commission's Veterans Mental Health Department](#) (VMHD): Ensures access to competent mental health services for service members, veterans, and their families. In addition to connecting veterans in need directly to local services, VMHD also works with partners at the national, state, and local level to address veteran-specific issues including suicide prevention/intervention, veteran homelessness, military cultural competency, peer support services, military-related trauma, women and rural veterans, and justice involvement. All services including training, technical assistance, and direct services provided across VMHD programming are offered freely to all who are in need.

[PTSD Foundation of America](#): Brings hope and healing to Combat Veterans and their families suffering from the effects of combat-related Post Traumatic Stress utilizing a whole-person approach, and offering evidence-based, peer-to-peer mentoring, both on an individual basis and in group settings. Programs and services are free to Veterans and their families so that the focus remains on their journey to healing.

Combined Arms: coordinates resources to help transitioning veterans find services, community, a stronger support network, and purpose. Member organizations provide 500+ resources to veterans.

Vets 4 Warriors: Offers veterans and active duty military free, confidential peer support from other veterans. Connect with them on the Vets 4 Warriors website or by calling 855-838-8255.

Mental Health America: Free, confidential, online screenings for anxiety, depression, mood disorders, PTSD and other conditions are available at <http://www.mhascreening.org>.

USA Cares: Pays essential household bills while a wounded service member or veteran is attending residential treatment for a traumatic brain injury or PTSD.

Resources for Family Members or Friends of Veterans

Caregiver Support: If you are caring for a Veteran, the VA Caregiver Support Program offers training, educational resources, and a variety of tools to help you succeed.

- Call **1-855-260-3274**, 8 a.m.–8 p.m. ET, Monday–Friday for advice on being a caregiver.
- Find your [local Caregiver Support Coordinator](#)

Coaching Into Care: This VA program provides guidance to Veterans' family members and friends for encouraging a reluctant Veteran they care about to reach out for support with a mental health challenge.

- Free, confidential assistance is available by calling **1-888-823-7458** Monday – Friday, 8 a.m. – 8 p.m. ET, or emailing CoachingIntoCare@va.gov

Mosaics of Mercy: Helps families navigate mental health and addiction recovery.



Training and Education Resources

Preventing suicide in military families: This educational page from the American Foundation for Suicide Prevention (AFSP) explains risk factors and warning signs of suicide and serious mental health needs that warrant support and treatment, lists military suicide prevention resources, and offers two practical programs that AFSP has developed for people supporting someone with lived experience: [Introduction to Supporting Those At Risk](#) and [Finding Hope: Guidance For Supporting Those At Risk](#). Also see AFSP's in-depth [Toolkit for Safe Firearm Storage in Your Community](#).

Moving Forward is a free, on-line educational and life coaching program that teaches problem-solving skills to help you to better handle life's challenges. It is designed to be especially helpful for veterans, service members and their families.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: Provides information and resources about psychological health, post-traumatic stress disorder, or PTSD, and traumatic brain injury.

RKM Crisis Team dba CAREForce is a one-stop training organization providing wellness and resiliency, suicide, mental health crisis intervention and clinical pastoral education (cpe) nationally. A full range of certificate and accredited degree programs are available.

On-demand, asynchronous suicide prevention, intervention and postvention courses such as:

- [LivingWorks Start](#)
- [LivingWorks Faith](#)
- [safeTALK](#)
- [Applied Suicide Intervention Training \(ASIST\)](#)

Upcoming trainings: <https://www.careforce.us/training>

- [One-page course catalog.](#)
- Contact: 949-324-2192
- eMail: info@careforce.us

Contact [Grace School of Theology](#)

- Director of Chaplain Programs (Undergraduate & Graduate):
Sr. Chaplain Ken Schlenker
- Contact: 713-897-8303, ext 212
kschlenker@gsot.edu

Free Online Video Resources

CAREForce YouTube Channel

- [Creating Suicide Safer Communities Seminar](#)
- [Suicide Awareness: TALK Saves Lives](#)
- [How to spot suicide risk factors and what to do about it](#)

Grace Cafe (Grace Center for Spiritual Development)

- [Chaplaincy Crisis Based Ministry](#)
- [How can we help our pastor when a crisis arises?](#)

VA Educational Whiteboard Videos on PTSD

National Institute of Mental Health (NIMH)

- [NIMH-Funded Researcher Dr. Barbara Rothbaum Discusses Post-Traumatic Stress Disorder](#): Learn the signs, symptoms, diagnosis, treatments, and the latest research on PTSD.
- [NIMH Expert on Boosting Resilience to PTSD](#): Learn about an NIH study that found that soldiers preoccupied with threat at the time of enlistment or with avoiding it just before deployment were more likely to develop PTSD.

National Alliance on Mental Illness (NAMI) Video Resource Library

- [PTSD: A Silent Struggle For First Responders & Veterans](#)
- [Mental Health Myth Busters: Post-Traumatic Stress Disorder | PTSD](#)

American Foundation for Suicide Prevention (AFSP) Free Video Resources