



Warrior Resilience & Fitness Division

Partners in Prevention

The National Guard Bureau's (NGB) Manpower and Personnel Directorate (J1) Warrior Resilience and Fitness Division (J1-W) works with non-profit organizations that provide Service members and their families with free services and resources focused on mental preparedness, healthy relationships, and connectedness. Currently, there are eight Memoranda of Understanding with these non-profit organizations.

Partners provide access to evidence-informed activities with broad application across the National Guard (NG) to prevent harmful behaviors among Service members and their families by addressing risk and protective factors.

MENTAL PREPAREDNESS	
Cohen Veterans Network	Provides comprehensive, evidence-based, holistic care through in-person and virtual mental health counseling, case management, and life skills support for NG members and their families, helping those facing challenges such as depression, anxiety, anger, grief, and transitions, ensuring they receive compassionate support. https://www.cohenveteransnetwork.org
Give an Hour	Provides personalized, responsive, and informed assistance in-person and virtually through counseling, crisis navigation consultations, financial fraud support, peer support, trauma-informed care for violence survivors, and resiliency education, all tailored specifically for NG members. https://giveanhour.org
PsychArmor	Provides over 250 free online courses covering essential topics like military culture, mental health, suicide prevention, caregiving, transition, and employment, available for NG members and their families, as well as providers and civilian employers. https://psycharmor.org
Avalon Action Alliance	Provides inpatient and outpatient mental health care through a three-step integrative approach for individuals experiencing invisible wounds, including Traumatic Brain Injury (TBI), Post-Traumatic Stress (PTS), and Substance Abuse (SA). https://www.avalonactionalliance.org
UCLA Health Operation Mend	Provides in-person care through advanced surgical and medical treatments, thorough psychological evaluations, and an intensive two-week program designed to address symptoms related to PTS and TBI. https://www.uclahealth.org/programs/operationmend
RELATIONSHIPS	
Tragedy Assistance Program for Survivors (TAPS)	Provides 24/7 peer-based emotional support and crisis assistance through a national military survivor helpline, available to anyone affected by a loss, regardless of their relationship to the deceased or the circumstances surrounding the death. 1-800-959-8277, https://www.taps.org
Face the Fight	Provides a one-stop shop featuring expert guidance from a coalition of corporations, foundations, and nonprofit organizations committed to raising awareness and connecting NG members to essential resources for suicide prevention, aiming to break the stigma surrounding seeking support. https://wefacethefight.org
CONNECTEDNESS	
Travis Manion Foundation	Provides comprehensive support focused on building, uniting, and strengthening communities by inspiring and developing role models and providing them with volunteer opportunities, expeditions, and character-building experiences. https://www.travismanion.org

For more information, email ng.ncr.ngb-arng.mbx.j1-programs@army.mil.