



COVID-19 Resources

- **Centers for Disease Control and Prevention (CDC)** – Information on how to cope with stress related to COVID-19.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- **Center for the Study of Traumatic Stress (CSTS)** – As part of the Uniformed Services University, CSTS provides fact sheets and other valuable information related to COVID-19.
<https://www.cstsonline.org>
- **COVID COACH Mobile App** – A free, secure mobile application developed by the Department of Veterans Affairs, National Center for PTSD to help individuals, partners, and families build resilience, manage stress, and increase their well-being during COVID-19.
https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

National Guard Family Support

- **National Guard Family Assistance Centers (FACs)** - Referral-based services provided to Service members, families, and retirees including ID card issuance, Defense Enrollment Eligibility Reporting System enrollment, TRICARE and military medical benefits education, emergency financial services, legal information, crisis intervention, the Exceptional Family Member Program (EFMP), and community information. <https://www.militaryonesource.mil/national-guard/national-guard-family-program/about-the-national-guard-family-program>
- **Family Centers** – Support services available on military installations.
<https://installations.militaryonesource.mil/>
- **Tragedy Assistance Program (TAPs)** – 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regard-less of the relationship to the deceased or the circumstance of the death. 1-800-959-8277 or <http://www.taps.org/>



Behavioral Health, Counseling, and Peer Support Services

- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** – Free, confidential 24/7 services, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. Services include referrals, support groups, and resources. 1-800-662-HELP; TTY: 1-800-487-4889 or <https://www.samhsa.gov/find-help/national-helpline>
- **SAMHSA’s FIND Treatment** – Information on thousands of state-licensed providers who specialize in treating substance use disorders and addiction. 1-800-662-4357 or <https://findtreatment.gov/>
- **Psychological Health Resource Center** – Psychological health information and resources related to combat stress, depression, reintegration, how to get into treatment, types of treatment for mental health conditions, and many other topics. Available 24/7 by phone, online chat, or email. 1-866-966-1020 or <https://www.pdhealth.mil/resources/call-centers/psychological-health-resource-center>
- **Military OneSource** – Call center and website providing information, referrals, and assistance 24/7 to all component members of the Armed Forces, families, and survivors. 1-800-342-9647 or <https://www.militaryonesource.mil/>
- **National Suicide Prevention Lifeline** – Phone, text, and online services connecting military members and Veterans in crisis, as well as their family and friends, with qualified Department of Veterans Affairs (VA) responders. 1-800-273-TALK; text TALK to 741741 or <https://suicidepreventionlifeline.org/>
- **Give an Hour** – Mental Health Professionals that offer National Guard members no cost mental health services. <https://giveanhour.org/>
- **inTransition** – Coaching and support services for Active Duty, National Guard, Reservists, Veterans, and retirees receiving mental health care while going through a change in status, relocation, or return to civilian life. 1-800-424-7877 or <https://www.pdhealth.mil/resources/intransition>



Domestic Violence and Sexual Assault

- **National Domestic Violence Hotline** – Advocates available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources, or questioning unhealthy aspects of their relationship. 1-800-799-SAFE (7233) or <https://www.thehotline.org/>
- **DoD Safe Helpline** – Confidential, 24/7 support for survivors of sexual assault or witnesses of sexual assault. 1-877-995-5247 or <http://www.safehelpline.org/>
- **DoD Safe Helproom** – Online group chat services that allow military sexual assault survivors to connect with one another in a 24/7, moderated, and secure environment.
<http://www.sapr.mil/safe-helproom>
- **RAINN** – Free, confidential 24/7 sexual assault hotline and resources. 1-800-656-HOPE (4673) or <https://www.rainn.org/>

Veterans Focused Services

- **Department of Veterans Affairs (VA)** – Support services to help learn about and apply for VA health care benefits. 1-877-222-VETS (8387) or <https://www.va.gov/>
- **Vet Centers** – Free, confidential counseling, outreach, and referral services to combat Veterans and families. 1-877- 927-8387 or <http://www.va.gov/directory/guide/vetcenter.asp>
- **MakeTheConnection.net** – Online resource designed to connect Veterans, family members, and friends with information, resources, and solutions to issues affecting their lives.
<https://maketheconnection.net/>

Emergency Assistance and Employment

- **Red Cross Armed Forces Emergency Service Center** – Confidential services ranging from responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of Service members, Veterans, and their families. 1-877-272-7337 or <https://www.redcross.org/get-help/military-families/services-for-veterans.html>



- **National Guard Employment Network (NGEN)** - A network for Service members and their families to connect directly with employment resources, service providers, and employers.

<https://www.nationalguard.com/employment-network>