



U.S. Department
of Veterans Affairs

Mental Health Resources for Veterans and Their Families

The Veterans Health Administration (VHA) provides mental health services at its medical centers and community-based outpatient clinics. In addition, readjustment counseling services are available for Veterans and their families at Vet Centers across the nation. All mental health care provided by VHA supports recovery and strives to enable people with mental health issues to live meaningful lives in their communities and achieve their full potential. For more information on mental health care for Veterans, visit www.mentalhealth.va.gov.

Veterans Crisis Line connects Veterans in crisis and their families with qualified, caring Department of Veterans Affairs (VA) responders. Whether it's a call, a chat, or a text, Veterans and their loved ones can get free, confidential support and resources 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and Press 1, chat online at **VeteransCrisisLine.net**, or send a text message to 838255.

Make the Connection (**MakeTheConnection.net**) is a VA public awareness campaign that offers personal testimonials and resources to help Veterans and their families and friends learn from each other's experiences and discover ways to improve their lives. Join the ***Make the Connection*** Facebook community at facebook.com/VeteransMTC.

Community Provider Toolkit offers "mini-clinics," an online resource that gives clinicians information and tools for treating Veterans with various mental health conditions. To learn more, visit www.mentalhealth.va.gov/communityproviders/miniclinics.asp.

Coaching Into Care is a free, confidential coaching service that helps families and friends discover constructive ways to talk with Veterans about their concerns and treatment options. Callers can reach the service at 1-888-823-7458. More information is at www.mirecc.va.gov/coaching.

National Center for PTSD advances the clinical care and social welfare of Veterans through research, education, and training in the science, diagnosis, and treatment of posttraumatic stress disorder (PTSD). Find out more at www.ptsd.va.gov.

Vet Centers are VA community-based centers that provide a range of counseling, outreach, and referral services. To learn more about Vet Centers and to find the one closest to you, visit www.vetcenter.va.gov.

