

Family Resource Guide:

LOCAL COMMUNITY RESOURCES

National Alliance on Mental Illness (NAMI)

National Alliance on Mental Illness is America's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health. NAMI Hosts several support groups for families and individuals struggling with mental health, please contact closest nami office to be provided with most up to date list. <https://www.nami.org/>

o **Meetings / Support Groups**

Wilkes-Barre Area:

Wilkes-Barre Support meetings meet:

WHERE: NAMI Luzerne/Wyoming Counties office

259 Wyoming Ave, lower level, Kingston, PA

For any additional questions please call the office at 570-371-3844 or email us at namiluzernewyoming@gmail.com

Tunkhannock Area:

For more information please call the NAMI Luzerne/Wyoming Office at 570-371-3844 or email us at namiluzernewyoming@gmail.com

Hazleton Area:

Hazleton Support Group Meetings meet:

For any additional questions please call the NAMI Luzerne/Wyoming Office at 570-371-3844 or email us at namiluzernewyoming@gmail.com

COMMUNITY ONLINE RESOURCES

<https://www.nami.org/>

<https://al-anon.org/>

<https://www.nar-anon.org/>

[SMART Recovery Family & Friends | Addiction Help for Family Members - SMART Recovery](#)

Additional publications:

[Search SAMHSA Publications and Digital Products | SAMHSA Publications and Digital Products](#)

VA RESOURCES

[VA Benefits For Spouses, Dependents, Survivors, And Family Caregivers | Veterans Affairs](#)

Program Locators

Veteran's Crisis Line (VCL)

The VCL connects Veterans, their families, and friends in crisis with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text.

Text: Send a message to 838255

Phone: 800-273-8255 and Press 1

Web: <https://www.veteranscrisisline.net/>

Caregiver Support Line

The Caregiver Support Line is designed to direct family members who are caregivers of Veterans currently receiving VA care to supportive services and programs provided by VA.

Phone: 855-260-3274

Web: <http://www.caregiver.va.gov/>

OEF/OIF/OND Program Locator

OEF/OIF/OND combat Veterans can receive cost free medical care for any condition related to their service in the Iraq/Afghanistan theater for five years after the date of their discharge or release. Use this locator tool to find the contact information for the OEF/OIF/OND clinic at your nearest VA medical Center.

Web: <http://www.oefoif.va.gov/map.asp>

Substance Use Disorder Programs

The VA offers a number of options for those seeking treatment for substance use problems. Treatment is provided in an outpatient or residential setting, depending on the Veteran's needs. Use this locator tool to find VA SUD services in your area.

Web: <http://www.va.gov/directory/guide/SUD.asp>

Homeless Veterans

The Homeless Veterans Program connects homeless and at-risk Veterans with housing solutions, health care, community employment services and other required supports.

Phone: 877-424-3838

Web: <http://www.va.gov/homeless/>

Vet Center Program

Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

Web: <http://www.vetcenter.va.gov/>

Veteran Justice Outreach Program

Specialists in this program provide direct outreach, assessment and case management for justice-involved Veterans in local courts and jails and serve as a liaison with local justice system partners.

Web: <http://www.va.gov/homeless/vjo.asp>

COACHING INTO CARE 1-888-823-7458

<https://www.mirecc.va.gov/coaching/>

Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community. We also provide coaching to family and friends of Veterans who see that a Veteran in their life may be having difficulty adjusting to civilian life. Coaching is provided by licensed psychologists or social workers, free-of-charge. Coaching involves helping our callers figure out how to motivate the Veteran to seek treatment. We can help you get information about mental health, services at the VA and tips on how to begin the conversation about treatment with a loved one who is a Veteran.

MAKE THE CONNECTION

<https://maketheconnection.net/>

This website shares stories of how Veterans and their families coped with a wide range of mental health issues, such as PTSD, depression, alcohol and substance use, and other changes in thinking and behavior.

List of apps – up to date found here:

Examples:

APP	DESCRIPTION	AVAILABILITY
ACT Coach (Acceptance and Commitment)	In ACT with a therapist and want added support? Find it here	iOS/Android
Airborne Hazards and Open Burn Pit Registry	Deployment-related exposures information for Veterans	Web
Anger and Irritability Management Skills (AIMS)	Track, address and manage anger better with AIMS	iOS/Android
Annie	Meet Annie – She sends Veterans self-care messages	Web
Ask a Pharmacist	All your VA pharmacies and trusted medication info here	Web
CPT Coach (Cognitive Behavioral Therapy for Insomnia)	Engaged in CPT-i and want extra support? The Coach is here	iOS
CHAMPVA Pay	Look up the participation status of CHAMPVA medical codes	Web/Android
Concussion Coach	Customizable tool to help manage concussion symptoms	iOS/Android
COVID Coach	Support self-care and overall mental health during the coronavirus (COVID-19) pandemic	iOS/Android
CPT Coach (Cognitive Processing Therapy)	App to enhance CPT treatment with a mental health provider	iOS
Mindfulness Coach	Learn mindfulness to reduce stress	iOS/Android
MobileKidney	Track kidney health and learn about other disease topics	Web
Mood Coach	Boost your mood through positive activities with this app	iOS
MOVE! Coach	Looking for weight loss support? This is the app for that	iOS/Android
Moving Forward	Tools to keep you moving forward during times of stress	iOS
MyVA Health Journal	Record your wellness goals and create entries about various health topics	Web
NR Mobile (NetResponse is a subscription service in which you must be pre-enrolled by a healthcare facility in a VA Home Telehealth Program and assigned a username/password.)	Securely send biometric information to your providers	iOS/Android
Pain Coach App for Veterans	Pain Coach offers helpful tools to track and manage pain	Web
Parenting2Go	Develop skills to help connect with and parent your kids	iOS
PE Coach 2 (Prolonged Exposure)	Supplement PE therapy for PTSD with a health professional	iOS
PTSD Coach	Get the info, support and tools you need to manage PTSD	iOS/Android
PTSD Family Coach	Support and tools for those living with someone who has PTSD	iOS/Android
REVAMP App for Veterans	Pairs with your PAP machine to track sleep apnea at home	Web
RX Refill	Request, refill and track VA prescriptions with ease	iOS
Stair Coach (Skills Training in Affective & Interpersonal Regulation)	Take the step, enhance STAIR in-person psychotherapy	iOS
Stay Quit Coach	Create a tailored plan to help you quit and stay smoke-free	iOS/Android

ONLINE RESOURCES:

Intergroup Websites: * for most up to date meeting information please see local intergroup website.

AA <https://aa.org/>

Eastern PA <https://area59aa.org/>

NEPA Intergroup AA <https://aaintergroupnepa.org/>

Pocono Intergroup <https://poconointergroupaa.org>

D48 Williamsport www.district48aa.org

Wellsboro <http://aa46.org/index.html>

Lehigh Valley <https://www.aalv.org/>

Lancaster <https://lancasteraa.org/>

Reading <http://www.readingberksintergroup.org/>

NA - na.org

Wilkes-Barre & Surrounding <http://nabeehive.org/>

The Mid-Atlantic Region of Narcotics Anonymous is a service board of member Areas. These member Area's listed below provide a majority of Central of Pennsylvania from Williamsport, PA in the north, Lewisburg, PA in the north/west, and from the northern border with New York to the southern border with Maryland

http://www.gssana.org/na_meetings.php

SMART Recovery

smartrecovery.org

Celebrate Recovery

<https://www.celebraterecovery.com/>

Al-Anon + Al-Teen *for people worried about someone struggling

<https://al-anon.org/>