



Top Mental Health Resources for Active Duty Spouses

Military One Source: 800.342.9647 www.militaryonesource.com

- 12 FREE sessions with local therapist or via the phone.
- Service member and their dependents (regardless of activation status or prior deployment).
- No co-pay, no deductible, no access to your military records.

Vet Centers: 877.222.8387 www.va.gov/rcs

- FREE at your local Vet Center.
- Service members and their families who have deployed under GWOT (and other war zones), **or** service members who have been sexually assaulted/harassed
- Readjustment counseling, marital, family, job, substance abuse counseling
- All services confidential and free to eligible veterans and their families.

National Veterans Foundation: 1.888.777.4443 www.nvf.org

- FREE support via 800 number and referral.
- Serving all Veterans and their Families,
- 9am-9pm Pacific Standard Time
- Suicide/crisis intervention, Mental health services and PTSD counseling, Homelessness services, Substance abuse treatment, VA benefits counseling and advocacy, Employment/job training, Legal aid, Support for military families, survivors and dependants.

The Soldiers Project: 818.761.7438 www.thesoldiersproject.org

- Free psychological treatment to military service members (Active duty, Guard, Reserves and veterans) who have served or expect to serve in OEF and/or OIF.
- They also provide treatment for family members.
- Confidential and with a local licensed mental health professional.

Vets 4 Vets: 520.319.5500 www.vets4vets

- Dedicated to helping Iraq and Afghanistan-era veterans feel good about themselves and heal from any negative aspects of service and war through the use of peer support.

Give An Hour: www.giveanhour.org

- Free mental health services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan.

Coming Home Project: www.cominghomeproject.net

- Free for OEF/OIF Service Members and their families, compassionate care, support and stress management and retreats!

Military411: www.military411.org

- Information on mental health available to service members and their families.