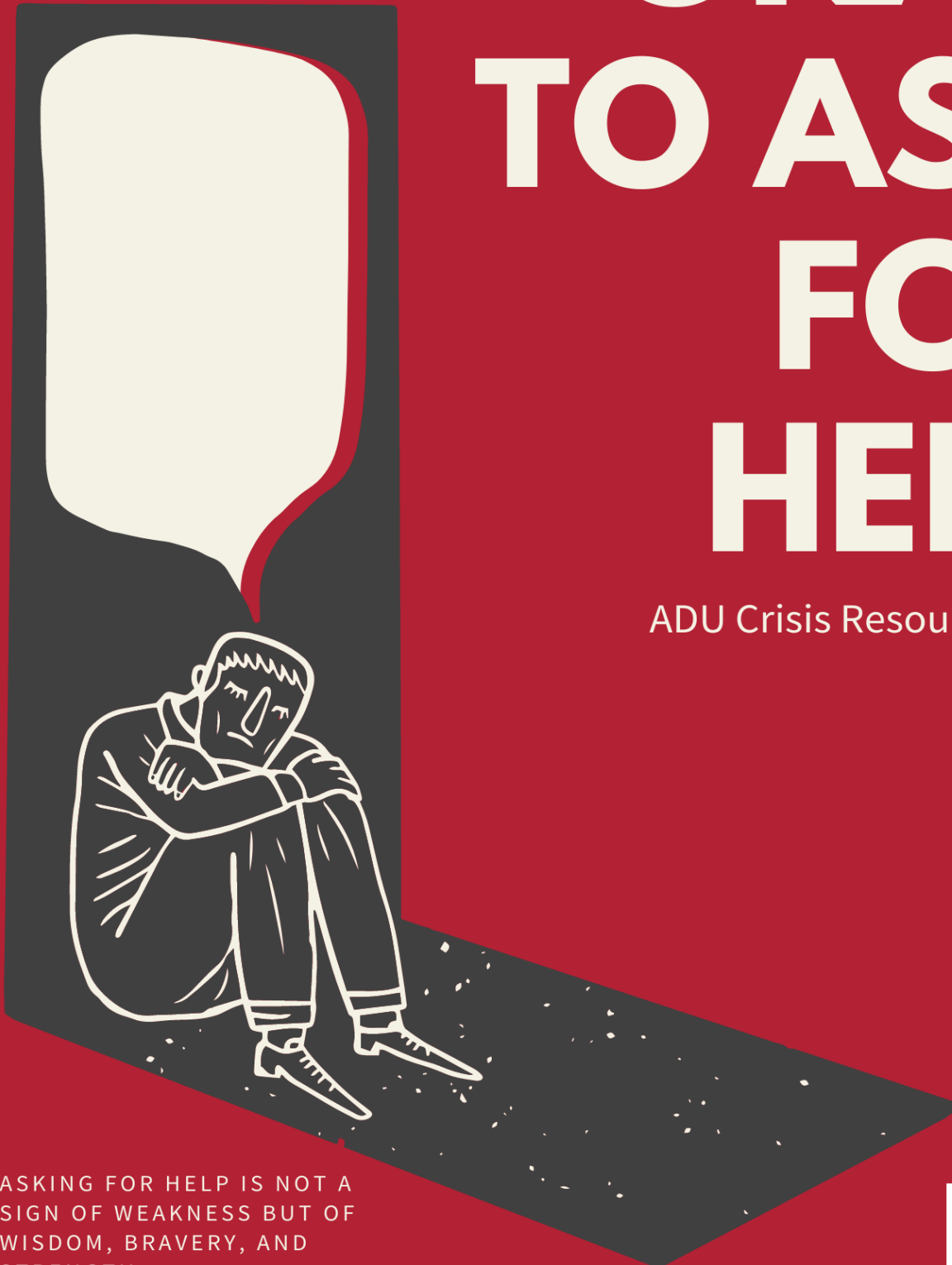




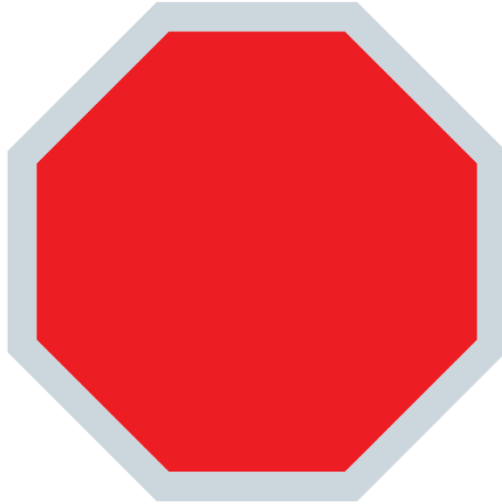
# IT'S OKAY TO ASK FOR HELP

ADU Crisis Resource Guide



ASKING FOR HELP IS NOT A  
SIGN OF WEAKNESS BUT OF  
WISDOM, BRAVERY, AND  
STRENGTH.





**If you are in immediate crisis**

call

**1-800-273-8255**

Press 1

*Veteran Crisis Line*

Confidential

Available 24/7



## Mental Health and Crisis Resources

Below you will find crisis and mental health resources recommended for veterans, service members, and military families.

<b>Not Associated with VA</b>	
<a href="https://www.life-giver.org/cliniciandirectory/">https://www.life-giver.org/cliniciandirectory/</a>	<i>A directory of mental health providers that serve military and first responder families. Search by your location</i>
<a href="https://www.talkspace.com/">https://www.talkspace.com/</a>	<i>Trustworthy and convenient online mental health treatment option; clinicians are licensed providers</i>
<a href="https://www.betterhelp.com/">https://www.betterhelp.com/</a>	<i>Trustworthy and convenient online mental health treatment option; clinicians are licensed providers</i>
<b>Associated with VA</b>	
<a href="https://www.mentalhealth.va.gov/">https://www.mentalhealth.va.gov/</a>	<i>Contains immediate crisis resources as well as links to resource guides organized by topic such as anxiety, PTSD, substance use, or type of veteran (i.e., woman, transitioning service member, family member or friend)</i>
<a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a>	<i>National Center for PTSD; contains psychoeducation, treatment options, links to find care near you, and resources for friends and family members</i>
<a href="https://www.va.gov/statedva.htm">https://www.va.gov/statedva.htm</a>	<i>Directory for State VA Offices; click on your state to find information on mental health and crisis resources that are available and specific to your state</i>
<a href="https://www.va.gov/health-care/health-needs-conditions/substance-use-problems/">https://www.va.gov/health-care/health-needs-conditions/substance-use-problems/</a>	<i>Contains information on available VA resources specifically for substance abuse treatment, such as counseling and medication</i>