

# VA Mental Health Resources



## Make the Connection

*Make the Connection* is an online resource designed to connect Veterans, their family members and friends, and other supporters with information and solutions to issues affecting their lives. On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, read about a variety of life events and mental health topics, and locate nearby resources.

[www.MakeTheConnection.net](http://www.MakeTheConnection.net)

   @VeteransMTC



## Veterans Crisis Line

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, and text-messaging service. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)



## Coaching into Care

Coaching into Care is a national telephone service of the VA that 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 and their family members, and other loved ones find the appropriate services at their local VA facility and/or in their community. Coaching is provided by licensed psychologists or social workers, free of charge.

[www.mirecc.va.gov/coaching](http://www.mirecc.va.gov/coaching)

 @CoachingIntoCare

 @CoachingIn2Care



## Veteran Training

The Veteran Training online self-help portal provides tools for overcoming everyday challenges. The Portal has tools to help Veterans work on problem-solving skills, manage anger, develop parenting skills, and more. All tools are free, their use is entirely anonymous, and they are based on mental health practices that have proven successful with Veterans and their families.

[www.veterantraining.va.gov](http://www.veterantraining.va.gov)



## AboutFace

AboutFace features the real stories of Veterans who have experienced PTSD, their family members, and VA clinicians. By watching the videos on AboutFace, you can learn about PTSD, explore treatment options, and get advice from others who have been there.

[www.ptsd.va.gov/apps/AboutFace](http://www.ptsd.va.gov/apps/AboutFace)



## Community Provider Toolkit

The Community Provider Toolkit supports the behavioral health and wellness of Veterans receiving services outside the VA health care system. Community providers play an essential role in providing America's Veterans with the support they have earned. Resources available in the toolkit include information on screening for military service, handouts and trainings to increase understanding of military culture, and mini-clinics focused on relevant aspects of behavioral health and wellness.

[www.mentalhealth.va.gov/communityproviders](http://www.mentalhealth.va.gov/communityproviders)

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