

## NATIONAL MILITARY FAMILY ASSOCIATION

### MENTAL HEALTH

- **After Deployment**  
<http://afterdeployment.t2.health.mil/>  
A mental wellness and behavioral health website addressing post deployment issues.
- **American Psychiatric Association - Healthy Minds, Health Lives**  
<http://www.psychiatry.org/mental-health/>  
Website offers information on post traumatic stress disorder, helping children deal with deployment and other behavioral health areas.
- **Bereavement Counseling**  
[http://www.vetcenter.va.gov/Bereavement\\_Counseling.asp](http://www.vetcenter.va.gov/Bereavement_Counseling.asp)  
Provides information about free bereavement counseling for people who experience emotional and psychological stress after the death of a loved one. Bereavement counseling includes a broad range of transition services, including outreach, counseling, and referral services to family members.
- **Defense Center of Excellence for Psychological Health and Traumatic Brain Injury**  
<http://www.dcoe.health.mil/default.aspx>  
DCoE assesses, validates, oversees and facilitates prevention, resilience, identification, treatment, outreach, rehabilitation, and reintegration programs for psychological health and traumatic brain injury to ensure the Department of Defense meets the needs of the nation's military communities, warriors and families.
- **Give an Hour**  
<http://www.giveanhour.org/>  
Give an Hour is a national nonprofit organization providing free -- and completely confidential -- counseling and other mental health services to members of the military, veterans of Iraq and Afghanistan, and their loved ones.
- **Humana Healthcare Services, Inc. Self-assessment Tools - Depression**  
<http://www.humana-military.com/>  
Click on Beneficiary then Health and Wellness to find information on behavioral health and assessment tools.
- **Military Mental Health Self-Assessment tool**  
<https://www.militarymentalhealth.org/>  
A user-friendly mental health assessment tool and resource website.

- **Real Warriors**

<http://www.realwarriors.net/>

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans, and their families.

- **SAMHSA Military Families**

<http://www.samhsa.gov/MilitaryFamilies/>

A website containing a list of all the available mental health associations and their respective links.

- **The American Psychological Association**

<http://www.apa.org/>

The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. APA is the largest association of psychologists worldwide.

- **Veterans Crisis Line**

<http://www.veteranscrisisline.net/>

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. 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. Support for deaf and hard of hearing individuals is available.