

24 Hour Veteran Crisis Hotline 1-800-273-8255 option 1 // Mental Health America R&R House Veteran Peer Respite and Warmline 1-262-336-9540

Type of Resource	Resource Organization	Website	Contact Person	Phone contact	Email contact
Support Groups	Healing Warrior Hearts	https://www.healingwarriorhearts.org/	Patricia Clason	414-374-5433	warriorheart@starfishfound.org
	Aurora Veterans Program	414-454-6516	Greg Burek	414-454-6516	
	VA	https://www.milwaukee.va.gov/services/Mental_Health.asp			
Peer-run Respite for Veterans	The R&R House	http://www.mhawisconsin.org/veteran-peer-services	Peter Borucki	(262)336-9540	rrhouse@mhawisconsin.org
Peer Support	Capt John D Mason Veterans Outreach and Peer Support	https://www.veteranpeeroutreach.org/	Mark Flower / Chris Swift	414-955-8910	CaptainJohnDMasonProgram@mcw.edu
Peer Support	Dry Hootch	https://www.facebook.com/dryhootch	Robert Waite	414-759-8083	robert@dryhootch.org
Retreats	Healing Warrior Hearts	https://www.healingwarriorhearts.org/	Patricia Clason	414-374-5433	warriorheart@starfishfound.org
	Camp American Legion	https://www.campamericanlegion.org/	Jim Kelment	715-277-2510	caldirector@gmail.com
Therapy Groups/services	Aurora Veterans Program	414-454-6516	Greg Burek	414-454-6516	
	VA	https://www.milwaukee.va.gov/services/Mental_Health.asp			
Suicide Prevention	SE WI Suicide Prevention Task Force	BeThereWis.com			

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Suicide Prevention	R.A.C.E. Suicide Prevention Training - live class online	RACESuicidePrevention.us	Curtiss Peck	414-241-2400	curtiss.peck@yahoo.com
	SAVE Suicide Prevention Training - online	https://psycharmor.org/courses/s-a-v-e/			
ONLINE resources		Available anytime - streaming videos and other resources			
	Orban Foundation for Veterans - Podcasts	https://orbanfoundationforveterans.org/	Mike Orban	262-247-2456	mike@orbanfoundation.org
	Capt John D Mason Veterans Outreach and Peer Support - interviews/videos	https://www.veteranpeeroutreach.org/	Mark Flower / Chris Swift	414-955-8910	CaptainJohnDMasonProgram@mcw.edu
	Veterans Health Coalition - Mental Health Summit Online and resource guide	https://www.veteranshealthcoalition.org/mental-health-summit/	Patricia Clason	414-374-5433	membership@veteranshealthcoalition.org
	SAVE Suicide Prevention Training - online	https://psycharmor.org/courses/s-a-v-e/			
	CVI HELP app	https://www.cviet.org/cvi-help-web-and-mobile-app/			
Directories of Resources	BeThereWis.com -	directory of resources for mental health and many other services https://www.betherewis.com/			
	Veterans Health Coalition	https://www.veteranshealthcoalition.org/resources/			

- **Veterans Crisis Line** - If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 or visit <http://www.veteranscrisisline.net/>
 - For emergency mental health care, you can also go directly to <https://www.va.gov/find-locations/> 24/7 regardless of your discharge status or enrollment in other VA health care.
- **Vet Centers** - Discuss how you feel with other Veterans in these community-based counseling centers. **70% of Vet Center staff are Veterans.** Call 1-877-927-8387 or find one **near you.** <https://www.va.gov/find-locations>
- **VA Mental Health Services Guide** - <https://www.va.gov/files/2020-11/mental-health-quick-start-guide.pdf> This guide will help you sign up and access mental health services.
- **MakeTheConnection.net** - information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues. <https://www.maketheconnection.net/>
- **RallyPoint** - Talk to other Veterans online. Discuss: <https://www.rallypoint.com/answers/what-are-your-feelings-as-the-taliban-reclaim-afghanistan-after-20-years-of-us-involvement>
- **Download VA's self-help apps** - Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time. <https://www.ptsd.va.gov/appvid/mobile/>
- **Tragedy Assistance Program for Survivors (TAPS)** - Request a Peer Mentor <https://www.taps.org/requestapeermentor>
- **VA Women Veterans Call Center** - Call or text 1-855-829-6636 (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)
- **VA Caregiver Support Line** - Call 1-855-260-3274 (M-F 8AM - 10PM & SAT 8AM - 5PM ET)

- **Together We Served** - Find your battle buddies through unit pages <https://blogs.va.gov/VAntage/73552/together-served-provides-virtual-base-connecting-veterans/>
- **George W. Bush Institute** - Need help or want to talk? Check In <https://www.bushcenter.org/veteran-wellness/clinical-care.html> or call: 1-630-522-4904 or email: checkin@veteranwellnessalliance.org
- **Elizabeth Dole Foundation Hidden Heroes** - <https://hiddenheroes.org/join-our-community>
- **American Red Cross Military Veteran Caregiver Network** <https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html>
- **Team Red, White & Blue** - Hundreds of events weekly. Find a chapter in your area. <https://www.teamrwb.org/chapter-locator/>
- **Student Veterans of America** - <https://studentveterans.org/chapters/find-a-chapter/>
- **Team Rubicon** - Find a **local support** squad. <https://teamrubiconusa.org/support-squad/>