

Simple Things Save Lives

RESOURCES

Military OneSource

For non-crisis concerns, such as relationship, family, or financial challenges, Military OneSource provides 24/7 service to all Service members, including National Guard and Reserve members, and eligible family members. Arrange a face-to-face, phone, online, or video counseling session via the contacts below.



Call. 800-342-9647
Click. www.MilitaryOneSource.mil
Connect. 24/7

CONTACT INFORMATION:

Phone: 800-342-9647

Chat: livechat.militaryonesourceconnect.org/chat

Web: <https://www.militaryonesource.mil>

App: [My Military OneSource](#)

Available for download at Google Play or the App Store.

Veterans/Military Crisis Line (VCL/MCL)

For crisis-concerns, the VCL/MCL is a free, confidential resource that provides Department of Veterans Affairs (VA) support for all Service members, including members of the National Guard and Reserve, all Veterans, and their families, even if they are not registered with VA or enrolled in VA health care. The caring, qualified responders at the VCL/MCL are specially trained and experienced in helping Service members and Veterans of all ages and circumstances. If you, or someone you know is in a suicidal crisis, there is help – contact the VCL/MCL.



CONTACT INFORMATION:

Phone: 800-273-8255, press 1

Chat: www.veteranscrisisline.net/get-help/chat

Web: www.veteranscrisisline.net

Calling from overseas:

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

In Afghanistan: Call 00 1 800 273 8255 or DSN 111

Simple Things Save Lives Resources

TAPS

Tragedy Assistance Program for Survivors (TAPS) provides comfort, care, and resources to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

TAPS provides a variety of programs to survivors across the nation and worldwide. If you are grieving the loss of a fallen service member, or if you know someone who can use TAPS support, the [TAPS 24/7 National Military Survivor Helpline](#) is always available toll-free with loving support and resources.



800-959-TAPS (8277)

CONTACT INFORMATION:

Toll-Free: **800-959-TAPS (8277)**

Phone: **202-588-8277**

Web: <https://www.taps.org>

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is the nation's largest non-profit dedicated to saving lives and bringing hope to those affected by suicide.



**American
Foundation
for Suicide
Prevention**

CONTACT INFORMATION:

Toll-Free: **888-333-AFSP (2377)**

Phone: **212-363-3500**

Email: info@afsp.org

Web: <https://afsp.org>

Simple Things Save Lives Resources

PsychArmor

PsychArmor® offers critical resources to Americans so they can effectively engage with and support military service members, Veterans, and their families. Online training videos are delivered by national subject matter experts at no cost to the learner. Follow-up coaching is provided to reinforce knowledge conveyed in courses. The PsychArmor Support Center provides clinical support. However, it is not a crisis line and emergency services cannot be provided. For an emergency, please call the Veterans/Military Crisis Line (VCL/MCL) listed above.

PSYCH/ARMOR®

CONTACT INFORMATION:

Phone: **858-755-3006**

Email: info@psycharmor.org

CLINICAL SUPPORT:

Phone: **844-779-2427, press 1**

Email: support@psycharmor.org

Give An Hour

Give An Hour provides no-cost mental health care and resources for those in the veteran and military communities, and other special populations, by harnessing the skill, expertise, and generosity of volunteer mental health professionals across the country.



CONTACT INFORMATION:

Email: info@giveanhour.org

Web: <https://giveanhour.org>

Note: Any reference to or listing of non-governmental organizations does not constitute endorsement by the United States Department of Defense