

# VA



# U.S. Department of Veterans Affairs

**Call to action!** We ask that you share widely across your Veterans, families, caregivers, and survivor networks.

Due to Veterans from all eras reacting to the events in Afghanistan, such as withdrawal and take over by the Taliban, VA is working quickly to share VA resources, call center information, peer support, and other community services.

If you are a Veteran in need of any assistance – or if you love a Veteran who may likewise benefit from such assistance – please utilize this list of resources.

## Resources:

- **Veterans Crisis Line** - If you are having thoughts of suicide, call [1-800-273-8255](tel:1-800-273-8255), then PRESS 1 or visit <http://www.veteranscrisisline.net/>
  - For emergency mental health care, you can also go directly to [your local VA medical center](#) 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](tel:1-877-927-8387) or find one [near you](#).
- **[VA Mental Health Services Guide](#)** - 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.
- **RallyPoint** - Talk to other Veterans online. Discuss: [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.
- **Tragedy Assistance Program for Survivors (TAPS)** - [Tragedy Assistance Program For Survivors \(TAPS\) Is Here For You! Request a Peer Mentor](#) or call [800-959-TAPS \(8277\)](tel:800-959-TAPS)
- **VA Women Veterans Call Center** - Call or text [1-855-829-6636](tel:1-855-829-6636) (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)
- **VA Caregiver Support Line** - Call [1-855-260-3274](tel:1-855-260-3274) (M-F 8AM - 10PM & SAT 8AM - 5PM ET)
- **Together We Served** - [Find your battle buddies](#) through unit pages
- **George W. Bush Institute** - Need help or want to talk? [Check In](#) or call: [1-630-522-4904](tel:1-630-522-4904) or email: [checkin@veteranwellnessalliance.org](mailto:checkin@veteranwellnessalliance.org)
- **Elizabeth Dole Foundation Hidden Heroes** - [Join the Community](#) or call 202-249-7170

- **American Red Cross Military Veteran Caregiver Network** - [Peer Support and Mentoring](#) or call the Hero Care Network at 1-877-272-7337
- **Team Red, White & Blue** - Hundreds of events weekly. [Find a chapter](#) in your area.
- **Student Veterans of America** - Find a [campus chapter](#) to connect with.
- **Team Rubicon** - Find a [local support](#) squad.

**Additional community resources and contacts:**

- Vets4Warriors - 1-855-838-8255 [Vets4Warriors | We've been where you are and we're with you now](#)
- Wounded Warrior Project 1-888-WWP-ALUM or 1-904-405-1213 and [Support for Veterans - Programs for Veterans in Need | WWP \(woundedwarriorproject.org\)](#)
- America's Warrior Partnership 1-866-AWPVETS [America's Warrior Partnership | Empowering Communities to Empower Veterans \(americaswarriorpartnership.org\)](#)
- Travis Manion Foundation – 1-215-348-9080 or email [info@travismanion.org](mailto:info@travismanion.org)
- Code of Support 1-571-418-6339 press 1 [Code of Support Foundation](#)
- Independence Fund [The Independence Fund](#)
- Blue Star Families [Blue Star Families - Find Your People, Build Your Community](#)
- ETS Sponsorship [ETS Sponsorship Program](#)