

## U.S. ARMY RESERVE

# BEHAVIORAL HEALTH AND SUICIDE PREVENTION

The Army Reserve is devoted to improving the resiliency of our Soldiers and families, keeping pace with the needs of a Force that has been at war for over a decade.

Soldiers and their Families undergo stresses that civilian resources cannot always address; the Army Reserve provides a full spectrum of care to our Citizen-Soldiers and their loved ones.

### RESOURCES

With the resources provided by the Army Reserve, our Soldiers are never alone. We stand shoulder to shoulder in our commitment to one another. If a Soldier you know is struggling, please reach out or refer him/her to resources for assistance.

★ **MILITARY ONESOURCE**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

Military OneSource is a confidential program providing comprehensive information on every aspect of military life at no cost to active duty, Guard, or Reserve Component members, and their families.

★ **PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY ASSISTANCE**

<http://1.usa.gov/1pnrLJ>

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury serve Warriors and their Families needing help with psychological health and traumatic brain injury issues.

★ **ARMY SUBSTANCE ABUSE PROGRAM**

[acsap.army.mil/](http://acsap.army.mil/)

The Army Substance Abuse Program provides Soldiers with services that address the needs of the Army's workforce and emphasize alcohol and other drug abuse deterrence, prevention, education, and rehabilitation.

★ **ARMY RESERVE WARRIOR TRANSITION PROGRAM**

[1.usa.gov/1nFC90D](http://1.usa.gov/1nFC90D)

The Army Reserve Warrior Transition Liaison Program provides assistance in clarifying administrative, legal, and medical concerns as Warrior Transition Soldiers navigate through their Comprehensive Transition Plan.

★ **CHAPLAIN READINESS PROGRAM**

<http://1.usa.gov/1mDa7nh>

Command Chaplains provide relevant, unifying, and enabling religious support to US Army Reserve Family.

★ **24 HOUR HOT LINE**

[bit.ly/1pZprLW](http://bit.ly/1pZprLW)

No matter what problem you are dealing with, the Suicide Prevention Lifeline is there to connect you with a skilled, trained counselor at a crisis center near you.

