

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 and refer him/her to resources for assistance.

- ★ **MILITARY ONE SOURCE**
<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.
- ★ **DEFENSE CENTERS OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY**
<http://dcoe.mil>
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.
- ★ **WARRIOR TRANSITION PROGRAM**
<http://www.usar.army.mil/Featured/Resources/Warrior-Transition-Program>
The Army Reserve Warrior Transition Program is the proponent to provide centralized assistance in clarifying administrative, legal, and medical concerns that warrants Army Reserve engagement as Soldiers in Transition navigate through their Comprehensive Transition Plan.
- ★ **SUICIDE PREVENTION LIFELINE**
<https://suicidepreventionlifeline.org>
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.
- ★ **BE THERE**
<https://www.betherepeersupport.org>
The BeThere Peer Assistance Line is the only dedicated Department of Defense (DoD) peer support call and outreach center available to all Service members and their families.
- ★ **REAL WARRIORS**
<https://www.realwarriors.net/guardreserve>
Real Warriors offers information and tools to use when developing and navigating the deployment and reintegration process for Reserve and Guard service members.

JOIN THE CONVERSATION

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