



# Resources for Stressors



National Crisis Hotline: 9-8-8

## FINANCIAL HARDSHIP

- AuntBertha.com
- Military One Source  
<https://www.militaryonesource.mil/>
- Veteran's organizations for grants: VFW, American Legion, etc.
- Army Emergency Relief, 866-878-6378
- Many local banks offer financial counseling

## RELATIONSHIPS

- Unit Ministry Team
- Military Family Life Counselors
- Unit Master Resilience Trainer (MRT) skills

## HOMELESSNESS

- AuntBertha.com
- Veteran Centers  
<https://www.vetcenter.va.gov>
- United Way (Dial 2-1-1)

## FREE TRAINING: COUNSELING ON ACCESS TO LETHAL MEANS

- <https://zerosuicidetraining.edc.org>

## UNEMPLOYMENT

- Public Private Partnership Office  
<https://www.usar.army.mil/P3/>
- Local department of social services
- U.S. Department of Labor  
[www.dol.gov/agencies/vets](http://www.dol.gov/agencies/vets)
- Hiring Our Heroes [www.hiringourheroes.org](http://www.hiringourheroes.org)
- Veteran's Centers <https://www.vetcenter.va.gov>

## SUBSTANCE ABUSE

- Army Substance Abuse Program (ASAP)  
[https://sr2.army.mil/PROD\\_PUBLIC/index.jsp](https://sr2.army.mil/PROD_PUBLIC/index.jsp)
- Employee Assistance Program  
<https://xtranet/usarc/g1-ssd/EAP/SitePages/Home.aspx>
- Substance Abuse and Mental Health Services Administration (SAMHSA), 800-662-4357  
[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

## FREE TRAINING ON SUICIDE PREVENTION:

- <https://suicide-prevention-training.teachable.com/p/4r-suicide-prevention-training>

## MEDICAL CARE NEEDS

- Tricare Reserve Select <https://tricare.mil/Costs/Compare>  
Member only \$46.70 monthly
  - Member+Family \$229.99 monthly
- Cohen Veteran's Network – Mental Health care, low/no-cost <https://www.cohenveteransnetwork.org/>
- Give an Hour – Free mental health care for qualified Soldiers and Family members [www.giveanhour.org](http://www.giveanhour.org)

## OVERWHELMING STRESS

- Vets4Warriors – 24x7 peer support call line for Veterans. 855-838-8255
- **Civilians:** Employee Assistance Program Mr. D'Arcy A. Williams, USARC HQ, [darcy.a.williams2.civ@army.mil](mailto:darcy.a.williams2.civ@army.mil) (910) 570-9880
- Unit MRT skills training/Unit Ministry Team
- Cohen Veteran's Network, low/no-cost counseling regardless of status  
<https://www.cohenveteransnetwork.org/>
- USAR Psychological Health Program, tailored training sessions for commands and Soldiers  
<https://www.usar.army.mil/PHP/>
- Army Resilience Directorate [www.armyresilience.army.mil](http://www.armyresilience.army.mil)