

Supporting Military Members and their Families:

A Directory of Organizations and Online Resources

After Deployment

<http://afterdeployment.org>

After Deployment is a mental wellness resource for Service Members, Veterans, and Military Families. Its mission is to assist in the management after-deployment concerns.

Air Compassion for Veterans

<http://www.aircompassionforveterans.org>

The mission and purpose of Air Compassion For Veterans is to ensure that no financially-stressed wounded warrior / veteran / active duty military person or their family member(s) is denied access to distant specialized medical evaluation, diagnosis, treatment, or rehabilitation for lack of a means of long-distance medical air transportation. ACV is committed to the ongoing healing process of our wounded warriors and will provide transport for activities that aid in the process as long as needed.

The influx of wounded warriors during Operation Iraqi Freedom and Operation Enduring Freedom is, and has been, a strain on our military medical facilities. Thousands of these wounded men and women need to reach specialized medical facilities, especially as close as possible to their families. The military cannot always provide the needed transportation and other options are not always available. That is when Air Compassion for Veterans can be utilized. We will continue to provide this air transportation at no cost.

ACV has added this service for veterans who served prior to the OIF/OEF conflict. ACV has also broadened its scope to provide air transportation for the special needs of veterans suffering from Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). The majority of our missions are through commercial airlines. We can also provide air ambulance service for qualified patients that are non-ambulatory. Our partner Angel Flight pilots and planes can be utilized for remote and rural areas as well as flights that are within 1,000 miles.

The qualification process is simple. There is a one page form to complete. After verification the patient can be in the air within twenty-four hours.

Air Force Crossroads

<http://www.afcrossroads.com>

Comprehensive support for the Air Force community

Air Force Wounded Warrior (AFW2)

<http://www.woundedwarrior.af.mil/>

The AFW2 program works hand-in-hand with the Air Force Survivor Assistance Program and Airman & Family Readiness Centers to ensure Airmen receive professional support and care from the point of injury to no less than five years after separation or retirement.

Services include advocacy, transition, employment and moving assistance, financial counseling, information and referral, and emergency financial assistance

Always a Soldier

<http://www.amc.army.mil/alwaysasoldier>

The "Always a Soldier" program provides service-connected disabled veterans opportunities to seek employment, career advancement, job mobility, family economic well-being, and greater financial security. The program is an Army Material Command based initiative, and the website provides information regarding the program, employment opportunities, and important links.

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

The American Foundation for Suicide Prevention is a national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

To achieve its mission, AFSP engages in the following Five Core Strategies:

- Funds scientific research
- Offers educational programs for professionals
- Educates the public about mood disorders and suicide prevention
- Promotes policies and legislation that impact suicide and prevention
- Provides programs and resources for survivors of suicide loss and people with mood disorders, and involves them in the work of the Foundation

American Legion

<http://www.legion.org>

The American Legion was chartered by Congress in 1919 as a patriotic, war-time veterans organization, devoted to mutual helpfulness. It is a not-for-profit community-service organization which now numbers nearly 3 million members, men and women, in nearly 15,000 American Legion posts worldwide.

American Red Cross

www.redcross.org

Primary service is emergency communications and verifications to enable commanding officers to make informed decisions about granting emergency leave. Additionally, it provides emergency financial assistance for families who are not near Service Related Relief Society offices.

American Veterans with Brain Injuries

www.avbi.org

American Veterans with Brain Injuries (AVBI) is a grassroots effort, whose mission is to offer support to brain injured American Veterans and their families or caregivers. They offer support through their web site, on line forum, live chat, advocacy, and public awareness. This web site offers personal stories, resources, and announcements of services available to these American Veterans. The AVBI on line forum is designed for questions to be asked and information shared. The AVBI live chat and peer advocacy offers personal support. The AVBI

Blog hopes to bring public awareness to the many difficult issues that plague the brain injured veteran and their families.

American War Mothers

<http://www.americanwarmoms.org>

That the object American War Mothers is to keep alive and develop the spirit that prompted world service, to maintain the ties of fellowship born of that service and to assist and further any patriotic work; to inculcate a sense of individual obligation to the Community, State and Nation; to work for the welfare of the Armed Forces of the United States; to assist in any way men and women who served and were wounded or incapacitated in World Wars or Conflicts of the United States; to foster and promote friendship and understanding between America and the Allies.

America Supports You

<http://www.americasupportsyou.com>

America Supports You is a nationwide program launched by the Department of Defense to recognize citizens' support for our military men and women and communicate that support to members of our Armed Forces at home and abroad. This site also provides family members with useful information on support and assistance from many different sources, community based organizations, and ongoing events in each state.

AmeriForce Publishing

<http://www.ameriforce.net/>

As a leading publisher of military magazines, AmeriForce Publishing focuses on four very important aspects of military life: Relocation, military family-life, service in the Reserve or National Guard and deployment issues.

Amvets

<http://www.amvets.org>

Amvets is an American veterans service organization.

Armed Forces Chaplains Board

<http://www.defenselink.mil/prhome/mppchaplain>

The Armed Forces Chaplains Board makes recommendations to the Secretary of Defense and the Under Secretary of Defense for Personnel and Readiness on religious, ethical, and moral matters for the Military Services, and on the following policy matters:

- Protection of free exercise of religion according to Amendment I to the Constitution of the United States.
- Procurement, professional standards, requirements, training, and assignment of military chaplains.
- All religious support providers.
- Procurement and utilization of supplies, equipment, and facilities for religious use.

- Promotion of dialog with civilian organizations regarding religious issues.
- Promotion of joint military endeavors for the delivery of ministry by the Military Services throughout the Department of Defense whenever practicable.

Armed Forces Foundation

<http://www.armedforcesfoundation.org>

The Armed Forces Foundation is dedicated to providing comfort and solace to members of the military community through financial support, career counseling, housing assistance and recreational programs.

Armed Forces Services Corporation (AFSC)

Tel. 1-888-237-2872

<http://www.afsc-usa.com>

On behalf of the Service Relief Societies, the AFSC, a Service Disabled Veteran owned Small Business, provides eligible family members with lifetime benefit and entitlement information and assistance at no cost. Their services include an analysis of available benefits, an annual benefit update, notification concerning changes to benefits or entitlements, insurance counseling, and other general assistance.

Membership is open to all branches of the uniformed services including the Army, Air Force, Navy, Marines, Coast Guard, Reserves, Active Duty, Retired, Air National Guard serving veterans, families and widows or widowers of deceased military members.

Armed Services YMCA

www.asymca.org

The Armed Services YMCA offers programs for spouses of junior-enlisted. Programs vary by location, but typically include:

- Spouses Morning/Night/Day Out
- Craft Groups
- Holiday Dinners and Dances
- Sign Language Classes
- Parenting Workshops

Army Long Term Family Case Management

<https://www.hrc.army.mil/site/active/tagd/cmaoc/altfcm>

Army Long Term Family Case Management (ALTFCM) provides long-term support to Families of fallen Soldiers by offering assistance with any concerns or issues, and providing information on services and programs, as well as connecting Families to various outreach organizations.

Army Wounded Warrior Program (AW2)

<https://www.aw2.army.mil>

Taking care of wounded warriors is an important part of the Army's mission. The Army Wounded Warrior Program (AW2) is the official U.S. Army program that assists and advocates

for severely wounded, injured and ill Soldiers and their families, wherever they are located, for as long as it takes. AW2 provides individualized support to this unique population of Soldiers, who were injured or became ill during their service in the Global War on Terrorism. All wounded, injured and ill Soldiers—who are expected to require six months of rehabilitative care and the need for complex medical management—are assigned to a Warrior Transition Unit to focus on healing before returning to duty or transitioning to Veteran status. Those who meet AW2 eligibility are simultaneously assigned to the AW2 and receive a local AW2 Advocate to personally assist them long term.

Wounded Soldiers are eligible for a wide array of benefits in order to help them recover physically, prepare financially and build their skills for a rewarding career. AW2 Advocates will ensure that AW2 Soldiers and their Families are connected with these benefits and services, which span:

- Career & Education
- Finance
- Healthcare
- Human Resources
- Insurance
- Retirement and Transition
- Services for Families

For more information contact; Phone: 1-800-237-1336
Email: AW2@conus.army.mil

Association of the United States Army Family Programs (AUSA)

<http://www.ausa.org/programs/familyprograms>

AUSA Family Programs provide Army families with information and resources to help them manage the challenges of military life and to address Army family concerns through AUSA's legislative efforts.

Battered Women's Justice Project

<http://www.bwjp.org>

BWJP website lists many excellent resources including a 3 part handbook for assisting military families struggling with domestic violence. This handbook reflects recent DoD policy changes.

Battle Mind Training

<https://www.battlemind.army.mil>

- Assists soldiers & families with making the transition from the combat zone to the home zone.
- Addresses pre-deployment, deployment and reintegration issues.
- Site contains power points, brochures, and a Battle Mind Training video.

Better Opportunities for Single Soldiers (BOSS)

<http://www.armymwr.com/portal/recreation/single>

Better Opportunities for Single Soldiers (BOSS) is a dynamic Department of the Army program that single Soldiers can participate in to enhance their Quality of Life, contribute to their community through Community Service activities, and assist in the planning and execution of their own Recreation and Leisure events.

Blinded Veterans Association (BVA)

<http://www.bva.org>

The Blinded Veterans Association (BVA) is an organization of blinded veterans helping blinded veterans. Through our service programs, regional groups, resources, and advocacy before the legislative and executive branches of government, we hope to make life better for blinded veterans. We also hope to be there with encouragement and support. There is no charge for any BVA service and membership is not a prerequisite to obtain help. All legally blinded veterans are also eligible for BVA's assistance whether they become blind during or after active duty military service.

Blue Star Mothers of America

<http://www.bluestarmothers.org>

The Blue Star Mothers of America, Inc. is a non-partisan, non-political organization. Members are mothers who now have, or have had, children honorably serving in the military.

BrainLine

<http://www.brainline.org>

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.

Bureau of Medicine and Surgery – BUMED

<http://navymedicine.med.navy.mil>

The Navy Bureau of Medicine and Surgery provides high quality, economical health care to beneficiaries in wartime and in peacetime. Highly trained Navy Medicine personnel deploy with Sailors and Marines worldwide - providing critical mission support aboard ship, in the air, and on the battlefield. At the same time, Navy Medicine's military and civilian health care professionals are providing care for uniformed services' family members and retirees at military treatment facilities around the globe.

Calvin Institute Resources for Congregations

<http://www.calvin.edu/worship/resources/ptsd/index.php>

Read the story at www.calvin.edu/worship/stories/veterans.php

Cause – Comfort for America’s Uniformed Services Elite

www.cause-usa.org

Cause began its outreach shortly after the advent of Operation Iraqi Freedom in March 2003 by providing personal care items and clothing to wounded soldiers arriving at Walter Reed from the battlefields of Iraq and Afghanistan.

Research has shown that recreation and entertainment are vital to the healing process, especially for those injured in the prime of youth. Cause steps in with programs designed to bring comfort and recreation into the lives of military men and women taking a long journey back to health. Today, Cause programs reach hundreds of injured service men and women facing months of medical care and rehabilitation far from home and family.

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/nceh/veterans/>

Since its inception, the Centers for Disease Control and Prevention (CDC) has been involved in protecting the health of U.S. military personnel and veterans. In fact, CDC was established to address concerns about malaria among our troops during World War II. In more recent years, CDC's National Center for Environmental Health (NCEH) has taken the lead for HHS in addressing the health concerns of veterans of the Vietnam War and the Gulf War, and NCEH is working with the Departments of Defense and Veterans Affairs to protect the health of our future military forces.

Chaplain Care

<http://chaplaincare.navy.mil/index>

Provides online spiritual support, devotional readings and self help resources.

Chaplaincy

Air Force <http://www.usafhc.af.mil>

Army http://www.goarmy.com/chaplain/about_army_chaplain

Navy <http://www.navy.com/careers/officer/chaplain>

Navy chaplains also serve the Marine Corps and the Coast Guard

Chaplains play a vital role in helping their fellow military and family members during crucial moments in their lives. They are available 24/7 to provide spiritual guidance and help “sort through” a variety of issues or concerns.

Christian Reformed Church Resources for Soldiers

http://www.crcna.org/pages/resources_soldier

Lists a variety of resources, books and useful links.

Coalition for Iraq and Afghanistan Veterans

coalitionforveterans.org

The Coalition for Iraq and Afghanistan Veterans is a partnership of 46 organizations working to improve access to and quality of services for Operation Iraqi Freedom/Operation Enduring Freedom military, veterans, and their families. These organizations provide a vital array of services, and together, have served over 2 million people whose lives have been impacted by deployment.

Coming Home Project

www.cominghomeproject.net

The Coming Home Project is a non-profit organization devoted to providing compassionate care, support and stress management tools for Iraq and Afghanistan veterans and their families. We are a group of veterans, psychotherapists and interfaith leaders committed to helping transform the wounds of war. We help veterans and family members rebuild the connectivity of mind, heart, body and spirit that combat trauma can unravel; renew their relationships with loved ones; and create new support networks. We build a safe space – a community — for veterans and their families to come together and share their stories, struggles and accomplishments. Single veterans are also most welcome.

Command Ombudsmen

www.ffsp.navy.mil

Ombudsmen are volunteers, appointed by a commanding officer, to serve as an information link between command leadership and Navy families. They are not professional counselors, but they are trained to listen to questions or problems and to refer to professionals who can help. Most Ombudsmen publish a newsletter. Some also have a Careline which is a recorded message that is regularly updated with news about the command, Family Readiness Group activities, and local military and community information.

Compensation & Pension Benefits

<http://www.vba.va.gov/bln/21>

Information on how to submit a compensation claim for PTSD.

Computer/Electronic Accommodations Program Assistive Technology

<http://www.tricare.osd.mil/cap>

The Computer/Electronic Accommodations Program (CAP) is committed to providing assistive technology to returning wounded service members. Accommodations are available for wounded service members with vision or hearing loss, upper extremity amputees, as well as persons with communication and other disabilities to access the computer and telecommunication environment.

CAP works with the Department of Defense (DOD) and the Department of Veteran Affairs to assist in the reemployment process. If a service member remains on active duty or becomes a civilian within DOD or another federal agency, CAP can provide the work related accommodations to the agency free of charge for internship and/or permanent employment.

Courage to Care Campaign

<http://www.usuhs.mil/psy/courage>

Courage to Care is a new, electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women and families. Courage to Care consists of electronic fact sheets (see attached fact sheets) on timely health topics relevant to military life that provide actionable information. Courage to Care is in the public domain; designed to be or fit into your health outreach; customized with your local contact information and sent to your provider or support group network, even put on your own websites or sent to friends and family. Courage to Care content is developed by leading military health experts from Uniformed Services University of the Health Sciences, your nation's federal medical school.

Defense Center of Excellence

<http://www.dcoe.health.mil>

The Defense Centers of Excellence leads a collaborative effort toward optimizing psychological health and traumatic brain injury (TBI) treatment for the Department of Defense (DoD). The DCoE establishes quality standards for: clinical care; education and training; prevention; patient, family and community outreach; and program excellence. DCoE Mission To maximize opportunities for warriors and families to thrive through a collaborative global network promoting resilience, recovery, and reintegration for PH and TBI.

Defense Finance Accounting Service (DFAS)

www.dod.mil/dfas

DFAS ensures that service members are paid. MyPay is a useful feature of the DFAS website, allowing service members (and their families if they have a pin number) to get real-time information about their pay accounts, start and stop allotments, sign up for the Thrift Savings Plan (TSP), change their withholding and much more.

Department of Defense (DoD)

<http://www.defenselink.mil>

The U.S. Department of Defense military website.

Deployment Health Family Readiness Library:

www.deploymenthealthlibrary.fhp.osd.mil

This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family.

Directory of Veterans Service Organizations

<http://www1.va.gov/vso>

This is an online Directory of Veterans Service Organizations. It is published as an informational service by the Office of the Secretary of Veterans Affairs.

Disabled American Veterans

<http://www.dav.org>

The 1.2 million-member Disabled American Veterans (DAV) is a non-profit 501(c)(4) charity dedicated to building better lives for America's disabled veterans and their families.

The DAV was founded in 1920 by disabled veterans returning from World War I to represent their unique interests. In 1932, the DAV was congressionally chartered as the official voice of the nation's wartime disabled veterans.

Annually, the DAV represents more than 200,000 veterans and their dependents with claims for benefits from the Department of Veterans Affairs and the Department of Defense. The DAV's Voluntary Services Program operates a comprehensive network of volunteers who provide veterans free rides to and from VA medical facilities and improve care and morale for sick and disabled veterans.

The DAV's 1.2 million members provide grassroots advocacy and services in communities nationwide. From educating lawmakers and the public about important issues to supporting services and legislation to help disabled veterans — the DAV is there to promote its message of hope to all who have served and sacrificed.

Disabled Transition Assistance Program (DTAP)

www.dol.gov/vets/programs/tap/main

The Transition Assistance Program (TAP) was established to meet the needs of separating service members during their period of transition into civilian life by offering job-search assistance and related services.

Service members leaving the military with a service-connected disability are offered the Disabled Transition Assistance Program (DTAP) from the Veterans Affairs representatives. DTAP includes the normal three-day TAP workshop, plus additional hours of individual instruction to help determine job readiness and address the special needs of veterans with disabilities.

DOD Vets

<http://www.dodvets.com>

This website provides a wide range of information relating to DoD employment opportunities for disabled veterans. Sections include:

- Disabled Veterans General Information
- Disabled Veterans Questions and Answers
- Internships
- Scholarships and Fellowships

- Grants Loans and Financial Aid
- Education and Training

Easter Seals' Military and Veterans Initiative

http://www.easterseals.com/site/PageServer?pagename=ntl_military_veterans

Easter Seals' Military and Veterans Initiative responds to this call for action. As the largest provider of disability-related services to individuals with disabilities and their families, Easter Seals is positioned to offer military and veterans systems of care with viable options to support and augment current reintegration efforts.

Employer Support of the Guard and Reserve (ESGR)

<http://www.esgr.org>

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense organization. It is a staff group within the Office of the Assistant Secretary of Defense for Reserve Affairs (OASD/RA), which is in itself a part of the Office of the Secretary of Defense.

ESGR was established in 1972 to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. It is the lead DoD organization for this mission under DoD Directive 1250.1.

E-Vets

<http://www.dol.gov/elaws/evets>

The e-VETS Resource Advisor assists veterans preparing to enter the job market. It includes information on a broad range of topics, such as job search tools and tips, employment openings, career assessment, education and training, and benefits and special services available to veterans.

Expeditionary Combat Readiness Center (ECRC)

<http://www.ecrc.navy.mil>

ECRC operates a 24-hour toll-free family hotline for IA family emergencies at (877) 364-4302. IA families may also contact the ECRC IA Family Helpdesk at ecrc.fs.fct@navy.mil for help with general questions. ECRC has access to a diversified network of resources and programs that have been set in place to assist IA Sailors and their families as they progress through any part of the IA Continuum. One of the many resources available to help alleviate concerns is provided by ECRC's Family Readiness Department which acts as a conduit for information and resource referral for IA families.

Family Literacy Foundation / Read 2 Kids

www.read2kids.org

Their Military Program, an underway quality-of-life program for military families, helps keep parents and children connected while separated during long deployments, through the medium of reading aloud on videotape.

Fisher House™ Program

<http://www.fisherhouse.org/>

The Fisher House™ program is a unique private-public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs. Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury.

There is at least one Fisher House™ at every major military medical center to assist families in need and to ensure that they are provided with the comforts of home in a supportive environment. Annually, the Fisher House™ program serves more than 10,000 families, and have made available nearly 2.5 million days of lodging to family members since the program originated in 1990. By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs; and Fisher House Foundation uses donations to reimburse the individual Fisher Houses operated by the Army, Navy, and Air Force. No family pays to stay at any Fisher House!

Fleet and Family Support Center

www.ffsp.navy.mil

Fleet and Family Support Centers provide a number of programs and services for deploying families:

- Family Connection Newsletter.
- In-person and virtual deployment preparation briefs are available at all FFSCs. Briefs are a facilitated discussion that cover practical and emotional preparation for deployment, resources
- for assistance if needed and allow time to address questions and concerns of participants.
- In-person and virtual homecoming briefs are offered at all FFSCs. Briefs are a facilitated discussion
- and cover possible reactions at homecoming and suggestions for ways to successfully reintegrate.
- In-person and virtual discussions are available at all FFSCs. Sometimes a specific topic is covered
- such as helping children deal with deployment, but generally they are open discussions where spouses and other family members can ask questions and connect with other family members of deployed service members.

Many other programs and services are provided by FFSC. Programs include:

- Clinical Counseling.
- Family Employment Readiness Program (FERP).
- New Parent Support (NPS).
- Personal Financial Management (PFM).

- Relocation Assistance Program (RAP).
- Information & Referral (I&R).
- Volunteer Assistance Program.
- Transition Assistance Management Program (TAMP).
- Family Advocacy Program (FAP).
- Sexual Assault Victim Intervention (SAVI).

FOCUS Project

<http://www.focusproject.org>

The FOCUS Project (Families OverComing Under Stress) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime.

FOCUS is founded on leading evidenced-based family intervention models for at-risk families which have demonstrated positive emotional, behavioral and adaptive outcomes for families over time and was developed by the UCLA Center for Community Health and the National Center for Child Traumatic Stress.

Force Health Protection & Readiness

<http://www.deploymentlink.osd.mil>

The purpose of this site is to enhance communication regarding the health of our Service members and their families. The site provides information to: safeguard the health and well-being of Service members and their families, promote and sustain a healthy and fit force, prevent injuries and illness and protect the force from health hazards, and sustain world-class medical and rehabilitative care to the sick and injured anywhere in the world.

Free Space “A” Flights for Families of Deployed

Spouses and children of personnel deployed 120 days or longer can use military transport in CONUS, to/from CONUS, and within/between theater, provided they have a verification letter from the military member’s commander. Family members, regardless of where they are based, may travel unaccompanied for unlimited times during the deployment when seats are available. Children under the age of 18 need an eligible parent or legal guardian to travel with them. The travel option is also available to Guard and Reserve families, as well as Navy families whose military sponsor is assigned to a deployed ship with PCS orders. While many may use the privilege to visit parents and grandparents, the guidelines do not restrict travel to home of record or family-based visits. That makes the policy more equitable and useful, since many people’s extended families may not live in their home of record. In addition, some families may find help and encouragement in a visit to friends at a previous base, or through a low-cost vacation getaway.

Space A, which is based on availability, often involves waiting to gain space on a flight (and the government won’t cover meals, lodging or other costs associated with that). Even so, families — especially those with children — could find this to be a real boost to their travel budget. A family of four based on the West Coast who wants to travel to the East Coast to stay with grandparents for a few weeks could potentially save up to a few thousand dollars in airline

tickets. Of course, there's no guarantee with Space "A" flights, but for those who can take the time, the opportunity for free flights can be not only a morale-booster, but also a money-saver.

Give an Hour

giveanhour.org

A nonprofit organization dedicated to developing a national network of volunteers to respond to acute and chronic needs within our society. They are currently establishing a national network of mental health professionals and reaching out to our first target population, the U.S. troops and families affected by the current military conflicts in Afghanistan and Iraq. The mental health professionals who join are giving an hour of their time each week to provide free mental health services to military personnel and their families. Those who receive services from the Give an Hour network will be given the opportunity to give back to their own communities. Visitors can log on and enter their zip code to locate the counselor nearest them.

Gold Star Mothers, Inc.

Tel. 1-202-265-0991

<http://www.goldstarmoms.com>

Gold Star Mothers is a congressionally chartered non-profit organization. This is an organization of mothers who have lost a son or daughter in the service of our country.

Gold Star Wives of America, Inc.

Tel. 1-888-751-6350

<http://www.goldstarwives.org>

Gold Star Wives is a congressionally chartered non-profit service organization. This group is unique in that it is the only organization capable of providing services to active duty and service-connected military widows and widowers.

Hire Vets First

<http://www.hirevetsfirst.gov>

This comprehensive career website is designed to help employers find qualified veterans, as well as help veterans to make the most of a national network of employment resources. The website includes a job search database, military skills translator, resume writer, helpful links, and contact information for employment specialists.

Hooah4Health

<http://www.hooah4health.com>

The U.S. Army health promotion and wellness website.

In Her Shoes – Domestic Violence Simulation Game

<http://newbricks.blogspot.com/2008/11/in-her-shoes-domestic-violence>

An interactive simulation game for learning about domestic violence from different perspectives. Developed by [Washington State Coalition Against Domestic Violence](http://www.washingtonstatecoalition.org), the game "In Her Shoes" can be purchased at their site. A revolutionary community education tool, In Her Shoes

is designed for learning about domestic violence. Participants move, do, think and experience the lives of battered women. This version is the original simulation which is great for educating a broad range of community and professional groups. Can be facilitated in sessions of one to two hours.

Injured Marine Semper Fi Fund

semperfund.org

Established in May 2004, the Injured Marine Semper Fi Fund is a nonprofit 501 (c) 3 organization that has provided over 6,000 grants totaling over \$16 million in assistance to our Nation's wounded heroes and families. This assistance helps with immediate financial needs and perpetuating needs, such as modified transportation, home modifications, and specialized equipment.

Institute of Medicine: Veterans

<http://veterans.iom.edu/>

For many years, the Institute of Medicine, as part of the National Academies, has produced reports on the health and protection of deployed military forces and veterans. These reports build on the Academy's long history of addressing scientific and medical issues related to past and current military conflicts. This site provides information about the Institute of Medicine's work in this area, including summaries and recommendations from past reports, as well as explanations of chemical and biological agents, and links to ongoing projects.

Intrepid Fallen Heroes Fund

<http://www.fallenheroesfund.org>

The Intrepid Fallen Heroes Fund is a leader in supporting the men and women of the Armed Forces and their families. Begun in 2000 under the auspices of the Intrepid Museum Foundation, and established as an independent not-for-profit organization in 2003, the Fund has provided more than \$65 million in support for the families of military personnel lost in service to our nation, and for severely wounded military personnel and veterans. These efforts are funded entirely with donations from the public, and hundreds of thousands of individuals have contributed to the Fund. 100% of contributions raised by the Intrepid Fallen Heroes Fund go towards these programs; all administrative expenses are underwritten by the Fund's Trustees.

Iraq and Afghanistan Veterans of America

www.iava.org

IAVA addresses critical issues facing new veterans and their families, including mental health, Traumatic Brain Injury, a stretched VA system, inadequate health coverage for national guardsmen and reservists, and outdated GI Bill educational benefits. IAVA is dedicated to educating the public about the wars in Iraq and Afghanistan, advocating on behalf of those who have served, and fostering a community for troops, veterans, and their families.

Iraq War Veterans Organization

www.iraqwarveterans.org

The Iraq War Veterans Organization provides information and support for: Operation Iraqi Freedom Veterans, Global War on Terror Veterans, Operation Enduring Freedom Veterans, active military personnel and family members related to pre-deployment, deployment, and post-deployment issues, as well as service member and family Operation Iraqi Freedom Deployment Readiness problems, information about PTSD, Health issues and Veterans Benefits. The Iraq War Veterans Organization website has links to information about Veterans Administration health care, readjustment after deployment, education, employment, military discounts, PTSD issues, support-chat forums, family support and deployment information.

Jacob's Light Foundation

www.jacobsprogram.org

"Our Mission is to send our military overseas necessities and comforts from home. We focus on military without family or support from home. We want to give them the support they need and to be a lifeline from America."

Job Accommodation Network (JAN)

<http://www.jan.wvu.edu>

JAN is a free consulting service designed to increase the employability of people with disabilities by:

- Providing individualized worksite accommodations.
- Providing technical assistance regarding the ADA and other disability related regulations.
- Educating callers about self-employment options.

Joint Family Support Assistance Program

<http://militaryhomefront.dod.mil>

Joint Family Assistance Program was established to support military families who do not live near a military installation. Most JFSAP teams are located at the state's National Guard headquarters. They are staffed with a:

- Child & Youth Consultant.
- Military and Family Life Consultant.
- Military OneSource (MOS) Consultant.
- American Red Cross representative.
- USDA (Operation Military Kids) representative.

Lawyers Serving Warriors

www.lawyerservingwarriors.com

Through a network of volunteer attorneys, Lawyers Serving Warriors provides free legal services to U.S. military personnel and veterans who have served in OIF or OEF in the following situations:

* Referred to the physical disability evaluation system. The physical disability evaluation system determines a service member's entitlement to a disability severance or retirement and free lifetime military health care. Assistance of an attorney in the process can be critical in securing the proper determination and entitled benefits. Service members who have been referred to Medical Evaluation Boards (MEBs) or Physical Evaluation Boards (PEBs) can receive free legal representation through Lawyers Serving Warriors.

* Facing an involuntary administrative separation. The type of discharge and discharge characterization a service member receives has a dramatic impact on benefits. Some service members with disabilities, such as Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI), have been inappropriately recommended for involuntary separation. Lawyers Serving Warriors will provide disabled service members who are wrongly being involuntarily separated with free legal representation.

* Received an inappropriate discharge, discharge characterization, or disability rating. An inappropriate discharge, a lower than appropriate disability rating from a PEB, or a less than Honorable discharge classification can result in a veteran receiving no benefits or fewer benefits than he or she deserves. Veterans with disabilities, such as Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI), can receive free legal representation through Lawyers Serving Warriors™ to challenge an inappropriate discharge, PEB disability rating, or less than Honorable discharge.

* Pursuing a claim with the Department of Veterans Affairs (VA) for disability compensation. Veterans who have claims for VA disability compensation can receive free legal representation from Lawyers Serving Warriors in appealing an inappropriate denial of benefits.

* Claim under the Traumatic Injury Insurance Under the Servicemembers Group Life Insurance (TSGLI). TSGLI provides a onetime lump sum payment to qualified U.S. military personnel who have suffered a traumatic injury caused by a traumatic event. Lawyers Serving Warriors will provide free legal representation to qualified military personnel who have been denied all or part of the benefits they deserve under TSGLI.

Leaders Guide for Managing Marines in Distress

<http://www.usmc-mccs.org/leadersguide>

The Leaders Guide for Managing Marines in Distress is designed to provide guidance and tools to leaders on what to look for, what to do and specific resources for helping Marines who are in distress. It is a quick reference which covers approximately 40 different problems Marines may face.

LIFELines

<http://www.lifelines.navy.mil>

The LIFELines Services Network (LSN) focus' on the delivery of Quality of Life information and services to Active and Reserve Marines, Sailors, and family members.

Marine Corps Family Foundation

<http://www.marinecorpsfamilyfoundation.org>

The Marine Corps Family Foundation mission is one of commitment, collaboration and communication to encourage and support our United States Marines and their families through the administration of special projects, coordinating volunteers & donations, and networking with supportive organizations and agencies.

Marine Corps Family Team Building

<http://www.usmc-mccs.org/mcftb>

MCFTB provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. MCFTB is comprised of the following:

[Family Readiness Program Training](#)

[Readiness and Deployment Support Training](#)

[Lifestyle Insights, Networking, Knowledge and Skills \(L.I.N.K.S.\)](#)

[LifeSkills Training](#)

Marine for Life

<http://www.m41.usmc.mil>

The mission is to provide transition assistance to Marines who honorably leave active service and return to civilian life and to support injured Marines and their families. M4L offers help for wounded marines while they are waiting to return to service, in addition to supporting marines and their families during the transition process to civilian employment.

Mental Health Self-Assessment Program

<https://www.militarymentalhealth.org>

Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. Many times we can successfully deal with them on our own. In some instances matters get worse and one problem can trigger other more serious issues. At such times it is wise to check things out and see what is really happening. That's the purpose of these totally anonymous and voluntary self-assessments.

Military Avenue

<http://www.militaryavenue.com>

Supporting the Relocation, Travel, and Lifestyle Needs of the American Military Family. Site contains installation specific information including local military discounts.

Military Chaplains Association of the United States of America

<http://www.mca-usa.org>

The Military Chaplains Association of the United States of America is a professional support and Veterans Service Organization. We are dedicated to the religious freedom and spiritual

welfare of our Armed Services members, Veterans, their families, and their survivors. We were founded in 1925 and chartered in 1950 by the 81st Congress.

Our Members are serving or have served in the Army, Navy, Air Force, Department of Veterans Affairs, or Air Force Auxiliary Civil Air Patrol chaplaincies. Our Associate Members come from among other chaplains, chaplain assistants, religious faith group leaders, and those interested in supporting military chaplaincy.

Our Members and Associate Members represent a broad cross-section of religious faith groups in the United States. Together, we speak for chaplains and chaplaincies with a professional, prophetic, and pastoral voice.

Military Family Program

<http://www.carlisle.army.mil/usawc/dclm/directory-menu.htm>

This site contains a comprehensive Directory of Services and Resources

Military Family Research Institute: Deployment Support Resources Guide

http://www.cfs.purdue.edu/MFRI/pages/military/deployment_support

MFRI provides a special collection of scholarly resources focusing on deployment and how it affects military families.

Military Funeral Honors

<http://www.militaryfuneralhonors.osd.mil>

Families of eligible veterans may request funeral honors through their funeral director. The funeral director must contact the appropriate Military Service to arrange for the funeral honors detail.

Military Health System (MHS)

<http://www.health.mil>

America's Military Health System (MHS) is a unique partnership of medical educators, medical researchers, and healthcare providers and their support personnel worldwide. The MHS is prepared to respond anytime, anywhere with comprehensive medical capability to military operations, natural disasters and humanitarian crises around the globe, and to ensure delivery of world class healthcare to all DoD service members, retirees, and their families. The MHS promotes a fit, healthy and protected force by reducing non combat losses, optimizing healthy behavior and physical performance, and providing casualty care. As a source of innovative education, medical training, research, technology and policy, the MHS strives to provide a bridge to peace.

Military Home Front

<http://www.militaryhomefront.dod.mil>

The official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you'll find what you need!

Military In-step

<http://www.amputee-coalition.org/military-instep>

A comprehensive web site developed by the Amputee Coalition of America that provides information and training and support to military amputees. This web site provides information on:

- The Unique Characteristics of War Injuries.
- Facing Amputation Surgery: What to Expect
- A Team-Based Approach to Amputee Rehabilitation
- Caring for Yourself After Amputation.
- The Prosthesis and Its Components
- The Rehabilitation Process.
- Common Problems.
- The Military Benefits System.
- Sports and Recreation.

Military OneSource

www.militaryonesource.com

Military OneSource is a 24/7, real-time information and referral service, funded by the Department of Defense. All services are provided at no cost and are available to Active Duty, Guard and Reserve personnel and their immediate family members, regardless of activation status. MOS is a "virtual extension of existing installation service." Besides helping with referrals, MOS also maintains a library of over 3,000 educational materials such as CDs, DVDs, and booklets on a wide range of topics. They also offer interpretation and translation services in more than 140 languages. Through MOS, you can access up to six in-person or telephone non-medical counseling sessions per issue with a licensed counselor. They also offer financial counseling at no charge.

Military Order of the Purple Heart

<http://www.purpleheart.org>

A veteran's service organization, whose members have received the Purple Heart. Its mission is to promote history, education, fraternity, service and patriotism.

Military Relief Societies:

- Army Emergency Relief at <http://www.aerhq.org/>
- Navy/Marine Relief Society at <http://www.nmcrs.org/>
- Air Force Aid Society at <http://www.afas.org/>
- Coast Guard Mutual Assistance at <http://www.cgmahq.org/>

Military Severely Injured Center

www.militarv.com/support

24/7 Family Support: 1-888-774-1361:

A comprehensive career services website that includes employment information for wounded service members and veterans. Among the information and services provided:

- A "Wounded Veteran Job Search" database.

- A listing of "Veteran-Friendly" Employers.
- A "Tool Box" which includes a Skills Translator, Resume Builder, and Salary Calculator.
- Various links to other Veteran Resources.
- Articles and information regarding career events, transitional services, etc.

Military Sexual Trauma

www.militarysexualtrauma.org

www.militarysexualtrauma.org is designed to assist victims and loved ones of victims get the help and education they need.

Military Spouses for Change

www.militaryspousesforchange.com

MSC was created by the spouses of active duty service members who believe that political awareness and social action are two powerful ways in which we can support our troops and honor our veterans. Specifically, they believe that an informed and involved military spouse community could significantly influence existing and future military- and veteran-related policies, resulting in improved support services and the responsible use of military resources.

Military Teens on the Move (MTOM)

<http://www.dod.mil/mtom>

Information for teens and children regarding moving to a new duty station.

Minerva Center

www.minervacenter.com

The MINERVA Center, Inc. is a nonprofit 501(c)3 educational foundation. Since 1983 it has supported scholars, journalists, filmmakers, public policy activists and others engaged in the study of women and the military and women in war. It is non-partisan and does not engage in advocacy although it provides information to all individuals and groups who contact us. For two decades, MINERVA published MINERVA: Quarterly Report on Women and the Military, a scholarly journal, and Minerva's Bulletin Board, a quarterly news magazine. In 1995, the MINERVA Center replaced the news magazine by launching H-MINERVA, a free resource affiliated with the H-NET consortium of scholarly discussion groups. Starting in 2007, the journal has appeared as the Minerva Journal of Women and War. Since its founding, The MINERVA Center has been supported entirely by private contributions and sales of its books and journals. The Center is increasing its efforts to seek funds from foundations, institutions, and corporations.

Motomail (Motovational Mail)

www.motomail.us

MotoMail service provides a discreet and secure way of sending a letter via the internet which is hand delivered to our Marines. This service is a combination of the electronic world and post office delivery. Now it is available to Marines and their families and friends who want to send fast correspondence to deployed Marines. Marines serving abroad are able to receive mail from their loved ones usually within 24 hours, not days or weeks. The sender goes to the

website: www.motomail.us to create a letter and then sends it through the MotoMail server. The USMC Post Office serving the recipient's location, downloads the letter to a special machine, which prints, folds and seals it ensuring confidentiality. The letter is then delivered through unit mail call.

MyArmyLifeToo (MALT)

<http://www.myarmylifetoo.com>

My ArmyLifeToo.com simulates a community with a blend of civilian and military lifestyles and serves as the website of choice for Army families providing accurate and up-to-date articles and information on various topics...from Army customs, home and personal safety, managing deployment to understanding military pay.

My HealtheVet

<http://www.myhealth.va.gov>

My HealtheVet is the VHA Health Portal created veterans and their families, and for VA employees. This new health portal will enables them to access health information, tools and services anywhere in the world through the Internet.

My Pay

<https://mypay.dfas.mil>

An innovative, automated system allows military members to process certain discretionary pay data items without using paper forms. You can also get pay statements, tax forms and travel advice.

National Amputation Foundation

<http://www.nationalamputation.org>

The National Amputation Foundation was founded in 1919 by a group of amputee veterans who suffered the loss of limb or limbs in the service of our country in World War I. From its inception, the Foundation was aware of the needs unique to amputees and therefore, dedicated all its efforts to helping all veteran amputees. Since then, the Foundation has expanded its facilities to include civilian amputees as well.

The Foundation sponsors an Amp-to Amp program. Whenever feasible, an amputee member of our organization who has returned to a normal life, visits the new amputee. This has proven to be a real morale builder. We have a list of support groups for every state and we offer booklets and pamphlets of special interest to the amputee. We also accept donated medical equipment, which is then given out to anyone in need.

National Association for Uniformed Services (NAUS)

Tel. 1-800-842-3451

<http://www.naus.org>

NAUS is the only military affiliated association whose membership is open to the entire military/veteran family — Army, Navy, Air Force, Marine Corps, Coast Guard, United States Public Health Service, National Oceanic and Atmospheric Administration, and the National

Guard and Reserve. NAUS serves all ranks and grades and represents a broad spectrum of interests and is affiliated with the National Society of Military Widows, supporting the interests and needs of spouses and survivors.

National Association of State Directors of Veterans Affairs

<http://www.nasdva.net>

Second only to the federal Department of Veterans Affairs in providing benefits and services to the men and women who defended our nation, these offices are in each State.

National Center for PTSD program of the Department of Veterans Affairs

<http://www.ncptsd.va.gov>

The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission was, and remains: To advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. This website is provided as an educational resource concerning PTSD and other enduring consequences of traumatic stress.

National Coalition for Homeless Veterans

www.nchv.org

The National Coalition for Homeless Veterans (NCHV) is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year.

National Coalition for Homeless Veterans: Women Veterans Resources

<http://www.nchv.org/women.cfm>

The Department of Veterans Affairs has awarded grants to eight community-based homeless veteran service providers to support programs designed specifically for women veterans, including those with dependent children. The grants are funded under the VA Homeless Providers Grant and Per Diem Program.

National Guard Bureau - Family Program

<http://www.guardfamily.org>

The National Guard Bureau-Family Program website's goal is to make this website your "one-stop shop" to find information on programs, benefits, resources and more.

National Military Family Association (NMFA)

Tel. 1-800-260-0218

<http://www.nmfa.org>

The goal of the NMFA is to educate military families about the rights, benefits, and services available to them, and to promote and protect the interests of military families by influencing the development and implementation of legislation and policies affecting them.

National Resource Directory

<https://www.nationalresourcedirectory.org>

The National Resource Directory (NRD) is an online partnership for wounded, ill and injured Service Members, Veterans, their families, families of the fallen and those who support them. The NRD provides information on, and access to, medical and non-medical services and resources across the country which will help them reach their personal and professional goals as they successfully transition from recovery to community living.

National Society of Military Widows (NSMW)

Tel. 1-800-842-3451, extension 3009

<http://militarywidows.org>

NSMW is a non-profit organization that serves the interests of women whose husbands died while on active military duty, service-connected illness, or during disability or regular retirement from the Armed Forces.

National Veterans Foundation

www.nvf.org

Mission: To serve the crisis management, information and referral needs of all U.S. Veterans and their families. They operate a toll-free helpline for all veterans and their families as well as outreach services that provide veterans and families in need with food, clothing, transportation, employment, and other essential resources.

National Veterans Legal Services Program

<http://www.nvlsp.org>

NVLSP is an independent, nonprofit, veterans service organization dedicated to ensuring that the U.S. government honors its commitment to our veterans by providing them the federal benefits they have earned through their service to our country. NVLSP accomplishes its mission by:

- Providing veterans organizations, service officers and attorneys with training and educational publications to enable them to help veterans and their dependents obtain all of the benefits that they deserve
- Representing veterans and their dependents who are seeking benefits before the U.S. Department of Veterans Affairs and in court.

Naval Services FamilyLine

www.lifelines.navy.mil/Familyline

Naval Services FamilyLine is an all volunteer, nonprofit organization dedicated to empowering sea service families to meet the challenges of the military lifestyle. They coordinate the Compass Program which is a program for new military spouses that covers a variety of topics including deployment preparation, finances and military customs and traditions. They also offer a range of free publications as well as information and referral assistance.

N@vy Knowledge Online

<https://www.nko.navy.mil>

Navy Knowledge Online is an official Navy web site that offers a wealth of information about deployments and Navy life. There is an online spouse forum for discussions as well as moderated forums so you can get accurate answers to questions you may have. To log onto NKO you must have an ID card which registers you in DEERS and allows you access to NKO. If you do not have an ID card, go to the NKO website and register as a guest user.

Navy Leader's Guide for Managing Personnel in Distress

<http://www-nehc.med.navy.mil/Lguide/>

The purpose of the Navy Leader's Guide for Managing Personnel in Distress is to help Leaders at all levels (Commanding Officers, Command Master Chiefs, Department Heads, Division Officers, Chiefs) recognize distress related behaviors, provide support to Sailors within the unit, and collaborate with helping agencies to meet the needs of individuals in distress. The guide aims to assist leaders in the decision-making process by describing a broad range of supportive interventions, resources, and strategies for supporting Sailors in distress. It also provides guidance on effective communications with Navy helping personnel.

The Guide is focused on assisting Leaders employ awareness and intervention strategies before a Sailor has reached the threshold of debilitating distress, as indicated by emotional difficulties, alcohol or substance abuse, violence or behaviorally linked accidents. It provides guidance to leaders on giving emotional and material support to individuals across the continuum of distress, from a healthy and prevention status, to severe distress.

Navy Legal Services

www.jag.navy.mil

Free attorney assistance is available at local Navy Legal Service Offices (NLSO) for service members and family members with military ID cards. Services available may include adoption advice, domestic relations, immigration and naturalization, Service Members Civil Relief Act, Powers of Attorney, Wills and notary service. Navy Legal Services is also the clearinghouse for personal property claims for damages that result from a PCS move.

Navy - Marine Corps Relief Society (NMCRS)

www.nmcrs.org

Navy-Marine Corps Relief Society (NMCRS) is a volunteer based not for profit private 501(c)(3) organization sponsored by the Department of the Navy. No financial assistance is received

from the Department of the Navy to conduct the Society's programs. The Society provides interest-free loans or grants to help with emergency needs such as:

- Food, rent, mortgage and utilities.
- Disaster relief assistance.
- Essential vehicle repairs.
- Child care expenses.
- Emergency transportation.
- Pay problems or delays.
- Funeral expenses.
- Unforeseen family emergencies.
- Patients share of medical/dental bills.

Financial assistance is provided on a need basis. All loans are interest free and normally repaid by allotment. In some instances, if repayment would cause a hardship, assistance may be provided as a grant.

Loans are made to the service member. During deployments, in the absence of the service member, an eligible family member may seek assistance with a valid power of attorney or a NMCRS pre authorization form can be placed on file at the NMCRS Office prior to deployment. If neither is available, the service member will be contacted to provide authorization and to agree to repayment terms.

Layettes are "Baby's First Seabag." They contain over \$100 worth of baby items, which are provided to all Navy, Marine Corps and Coast Guard personnel or family members who are expecting or have had a new baby when they participate in the Budget for Baby class or an individual budgeting session. For those families living in remote locations, a layette can be provided upon your request from a NMCRS Office. Each layette contains a handmade blanket or sweater set, crib sheets, onesies, hooded towel, bibs, socks, receiving blanket and burp cloths.

Navy Operational Support Center

<http://navyreserve.navy.mil>

Navy Operational Support Centers are located in all 50 states and 2 territories. Families who do not live near a military installation but near a Navy Operational Support Center (NOSC) can receive support from the NOSC. The NOSC can assist families with resources in the local area and also provide support to the families for ID cards and DEERS enrollment.

Navy Safe Harbor - Severely Injured Support

<http://www.npc.navy.mil/CommandSupport/SafeHarbor/>

Navy Safe Harbor is the focal point for the non-medical care management of severely wounded, ill, or injured Sailors and their families. Providing a lifetime of care, we support and assist Sailors through recovery, rehabilitation, and reintegration.

Program Overview:

- Non-medical Care Managers assigned to all major Navy Military Treatment Facilities, VA Polytrauma Centers, and Brooke Army Medical Center.

- Non-medical care management tailored to support SWII Sailors: pay/personnel issues, invitational travel orders, lodging and housing adaptation, child and youth programs, transportation needs, legal and guardianship issues, education and training benefits, commissary and exchange access, respite care, TBI/PTSD support services, and much more.
- Transition support to VA and other continuing care support.

All severely wounded, ill, and injured Sailors and their families are eligible including:

- OEF/OIF Casualties
- Shipboard Accidents
- Liberty Accidents
- Serious Illnesses - physical or psychological

Contact Navy Safe Harbor toll-free at 1-877-746-8563 or email: safeharbor@navy.mil

Not Alone

www.notalone.org

Not Alone is a website that provides interactive information, interviews with returned veterans and access to counseling

Office of Servicemembers' Group Life Insurance (SGLI)

Tel. 1-800-419-1473

<http://www.insurance.va.gov>

SGLI is a program of low cost group life insurance available to all members of the Uniformed Services. Service members are automatically insured under SGLI unless the Service member chooses to reduce the amount, or cancel it entirely.

Operation Barnabas

http://www.operationbarnabas.org/Operation_Barnabas

Since 9/11, the nation has called upon our military reservists in numbers unknown since World War II. And our reservists and their families have responded, serving their nation with honor and determination. Often times, they feel very alone. The Churches of the Lutheran Church Missouri Synod (LCMS) would like to help.

Operation Barnabas is a ministry of The Lutheran Church Missouri Synod which consists of two initiatives: The first initiative is to help congregations whose pastors are recalled to active duty as chaplains.

The second initiative is to help all military families during deployment, especially those families who live far from military services.

Operation Homefront

www.operationhomefront.net

Operation Homefront provides emergency assistance and morale to our troops, to the families they leave behind, and to wounded warriors when they return home. A nonprofit 501(c)3 founded after September 11, Operation Homefront leads more than 4,000 volunteers in 31 chapters nationwide. Since its inception, Operation Homefront has provided critical assistance to more than 45,000 military families in need.

Operation Military Child Care

www.childcareaware.org

Operation Military Child Care is a Department of Defense initiative to support child care needs of military parents who are activated or deployed in support of the Global War on Terrorism. Active duty families who are unable to access care on military installations are eligible during the deployment period and for 60 days after the return of the military parent.

This initiative helps eligible military families locate and subsidize affordable child care in local communities. Military families who are using licensed/legally operating community-based child care programs and providers pay reduced fees.

Child care costs often increase when your Sailor is deployed. This subsidy program can be used by spouses who are employed or looking for work, going to school or have special medical needs. For more information contact the National Association of Child Care Resource and Referral Agencies at 800-424-2246 or visit their web site www.naccrra.org.

Operation Military Kids

www.operationmilitarykids.org

Operation: Military Kids is a collaborative effort with America's communities to support children and youth of National Guard, Reserve and active duty families. State 4-H Military Liaisons in 34 states in partnership with the National Guard, Reserve, the Military Child Education Coalition, Boys and Girls Clubs of America, the National Association of Child Care Resource and Referral Agencies, The American Legion, schools and other community organizations are supporting youth before, during, and after the deployment of a parent or loved one.

Some of the programs include:

- Workshops for community professionals who work with youth to offer an insight into military culture, the deployment cycle and suggest ways to understand the needs of and provide support to military kids and their families through community resources.
- Hero Packs are backpacks filled by non-military youth with mementos and items designed to help connect kids with their deployed parent.
- Speak Out for Military Kids is a youth-led, adult supported project that generates community awareness about issues faced by youth of military families. Through simulations, interviews, and research, participants begin to understand what military families go through during deployment. As the youth form speakers bureaus they develop presentations, public service announcements, videos, and other materials and actively seek opportunities to share their experiences with others in the community (e.g. school assemblies, youth club meetings, city council meetings, fairs, and teacher in-service programs).

- Mobile Technology Labs are used to facilitate connections between deployed service members and the children left behind.

Operation Purple Camp

www.operationpurple.org

Operation Purple Camp Program was created in 2004 to help military children struggling with having a parent deployed. Any military child can apply. If all spaces are not filled with campers who meet the deployment criteria, the remaining camp slots are filled with any military child from any service branch, the National Guard, Reserve, PHS and NOAA. "Deployment" is defined loosely as it is recognized that TDY and travel can often take service members away from family for significant periods of time.

Registration for the free summer camps begins in late spring for all Operation Purple camp locations. Details on how to register and the necessary forms to apply for camp are available at www.operationpurple.org. Click on the applicable state for camp registration, application, and contact information. In 2008, 100 weeks of camp in 62 locations, in 37 states and territories were available.

Operation USO Care Package

<http://www.usocares.org>

Operation USO Care Package enables the public to express their support of our men and women in uniform. Sponsoring a care package and including a personal message provides individuals with a way to touch the lives of our deployed troops around the world. For every \$25 donation you make, the USO will send a care package with both needed and requested items valued at approximately \$75 to a deployed service member.

Our Military Kids

www.ourmilitarykids.org

Our Military Kids provides tangible support to the children of deployed and severely injured National Guard and Military Reserve personnel through grants for enrichment activities and tutoring that nurture and sustain the children during the time a parent is away in service to our country. OMK grants are made to honor the sacrifices military parents make and to ensure that the children have access to activities and support that help the children better cope with challenges arising during a parent's deployment or injury recovery.

Paralyzed Veterans of America

<http://www.pva.org>

The Paralyzed Veterans of America has worked to secure health care and benefits for veterans of the armed forces living with spinal cord injury and disease (SCI/D) and funded research into finding care and cure since its founding.

Pentagon Federal Credit Union Foundation

www.pentagonfoundation.org

The Pentagon Federal Credit Union Foundation is a nonprofit national charity working to meet unmet needs of the military personnel and their families in the areas of financial literacy, housing and support for the wounded.

Personnel Locator

<http://www.usa.gov/Topics/Locators>

Provides links for locating military personnel in an emergency.

Personnel Support Detachment

www.pasd.navy.mil

The Navy's Personnel Support Activity (PSA) is the agency that provides administrative, personnel, pay and transportation support including:

- Defense Eligibility Enrollment System (DEERS).
- Family and service member ID cards.
- Transportation services.
- Travel claim processing.
- Transition processing.

Each installation has a local Personnel Support Detachment, to locate yours contact the above web site.

Portal for Military Transitioner

www.dodtransportal.org/dav/lsnmedia/LSN/dodtransportal

"The DOD Web Portal for Military Transitioner" - This site is designed specifically to assist service members leaving active duty. The four main areas of the website are:

- Transition Assistance - general information regarding benefits and services available to transitioning individuals.
- Preseparation Guide - a DoD publication that presents information regarding transition services, resource:s, and options to service members.
- At Your Service -provides contact information for all Transition Assistance Offices, as well as links to other transition related websites.
- Your Next Career - provides several different areas of information relating to job searches.

Post-Deployment Health

<http://www.pdhealth.mil>

PDHealth.mil was designed to assist clinicians in the delivery of post-deployment healthcare by fostering a trusting partnership between military men and women, veterans, their families, and their healthcare providers to ensure the highest quality care for those who make sacrifices in the world's most hazardous workplace.

Rape, Abuse & Incest National Network

www.rainn.org

The Rape, Abuse & Incest National Network is the nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline at 1.800.656.HOPE and the National Sexual Assault Online Hotline at rainn.org, and publicizes the hotline's free,

confidential services; educates the public about sexual assault; and leads national efforts to prevent sexual assault, improve services to victims and ensure that rapists are brought to justice.

REALifelines- Recovery and Employment Assistance Lifelines

<http://www.dol.gov/vets/proarams/Real-life>

REALifelines is a new program dedicated to providing individualized job training, counseling, and reemployment services to wounded service members.

Reserve Affairs

<http://www.defenselink.mil/ra>

To serve as Principal Staff Assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters which involve the Reserve components, including the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve.

RESPECT-Mil Program

<http://www.pdhealth.mil/respect-mil>

RESPECT-Mil stands for Re-Engineering Systems of Primary Care Treatment in the Military. It's a system of primary care designed to enhance the recognition and high-quality management of Post-Traumatic Stress Disorder (PTSD) and depression.

RESPECT-Mil is a treatment model designed by the United States Department of Defense' Deployment Health Clinical Center (DHCC) to screen, assess and treat active duty Soldiers with depression and/or PTSD. This program is modeled directly after a program that's proven effective in treating civilian patients with depression. Several of the internationally-known experts who developed the civilian model have helped DHCC adapt the approach for military primary care use.

RESPECT-Mil uses the Three Component Model (3CM) of care, featuring the coordination of Primary Care Providers, Care Facilitators and Behavioral Health Specialists in the unique service of Soldiers with behavioral health needs.

The US Army Medical Command has directed wide implementation of RESPECT-Mil in Army primary care facilities. Tri-service implementation is in the planning stages.

Safe Harbor

<http://www.npc.navy.mil/CommandSupport/SafeHarbor>

Navy Safe Harbor is the focal point for the non-medical care management of severely wounded, ill, or injured Sailors and their families. Providing a lifetime of care, we support and assist Sailors through recovery, rehabilitation, and reintegration.

Seamless Transition

www.seamlesstransition.va.gov

Department of Veterans Affairs (VA) web site for returning Active Duty, National Guard and Reserve service members of Operations Enduring Freedom and Iraqi Freedom (OEF/OIF). This is the catch all site for all GWOT veterans. It can be hard to navigate at times, but it is a clearing house for nearly all benefits and health related issues. For medical, or any mental health, substance abuse, OIF/OEF, or MST issues.

Service Women's Action Network

servicewomen.org

The Service Women's Action Network supports and develops the leadership of veterans, mentors young women considering military service, works to solve problems facing women in uniform, and provides and promotes services that are healing to women after their military service experience. SWAN establishes a worldwide network of military women, veterans and allies to provide lasting support, community and resources.

Sexual Assault Prevention and Response

<http://www.sapr.mil>

The Department of Defense does not tolerate sexual assault and has implemented a comprehensive policy that reinforces a culture of prevention, response and accountability that ensures the safety, dignity and well-being of all members of the Armed Forces. Our men and women serving throughout the world deserve nothing less, and their leaders-military and civilian-are committed to maintaining a workplace environment that rejects sexual assault and attitudes that promote such behaviors.

This web site provides guidance and other information for victims of sexual assault, unit commanders, first responders, and those who wish to prevent or respond to this crime. Sections address confidentiality, reporting procedures, and other elements of DoD's sexual assault policy as well as training information, safety tips, resources and links to related web sites.

State Vocational Rehabilitation Services

<http://janweb.icdi.wvu.edu/SBSES/VOCREHAB>

This website lists vocational rehabilitation services for each state and U.S. territory. Vocational Rehabilitation, a state-supported division of services, assists individuals with disabilities who are pursuing meaningful careers. VR supports individuals in securing gainful employment commensurate with their abilities and capabilities through local job searches and awareness of self-employment and telecommuting opportunities.

Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov/vets>

The Substance Abuse and Mental Health Services Administration (SAMHSA) has established a clear vision for its work -- a life in the community for everyone. To realize this vision, the Agency has sharply focused its mission on building resilience and facilitating recovery for

people with or at risk for mental or substance use disorders. SAMHSA is gearing all of its resources -- programs, policies and grants -- toward that outcome.

Swords to Plowshares: Veteran's Rights Organization

<http://swords-to-plowshares.org>

War causes wounds and suffering that last beyond the battlefield. Swords to Plowshares' mission is to heal the wounds, to restore dignity, hope, and self-sufficiency to all veterans in need, and to significantly reduce homelessness and poverty among veterans.

Founded in 1974, Swords to Plowshares is a community-based, not-for-profit organization that provides counseling and case management, employment and training, housing, and legal assistance to more than 1500 homeless and low-income veterans annually in the San Francisco Bay Area and beyond. We promote and protect the rights of veterans through advocacy, public education, and partnerships with local, state, and national entities.

Talk, Listen, Connect - Deployments, Homecomings, Changes

<http://archive.sesameworkshop.org/tlc>

In recognition of the contributions made by the United States Armed Forces, Sesame Workshop presents this bilingual educational outreach initiative designed for military families and their young children to share.

TBINET

<http://tbinet.org>

TBINET hosts on-line support groups (mailing lists) for Brain Injury, Stroke and other "medical" related issues.

Tragedy Assistance Program for Survivors (TAPS)

Tel. 1-800-959-TAPS (8277)

<http://www.taps.org>

The core of TAPS is made up of people who have lost a loved one who was serving in the Armed Forces. They offer grief counseling referral, case worker assistance, and crisis information.

Transition Assistance

<http://www.transitionassistanceprogram.com/register.tpp>

<http://turbotap.org>

Returning to civilian life is an exciting time, one full of hope for what the next chapter might bring. But the transition is also a complex undertaking. You have many steps to take, and many questions to get answered. Transition assistance staff, personnel office staff, relocation specialists, education counselors, and many others can help, but only you and your family can make the critical decisions that must be made. This website will assist in answering your questions and helping you make good decisions.

TRICARE

www.tricare.osd.mil

TRICARE is the health care program for Sailors and their families. Reservists and National Guardsmen are also eligible for TRICARE coverage when they are on active duty, pre and post mobilization.

The four most common TRICARE programs are:

- TRICARE Prime.
- TRICARE Extra.
- TRICARE Standard (formerly called CHAMPUS).
- TRICARE Reserve Select.

TRICARE provides a dental benefit, a pharmacy program and TRICARE for Life for most Medicare-eligible uniformed service retirees. There is also a Program for Persons with Disabilities (PFPWD) that can help with some of the costs associated with specialized medical equipment and services. In addition, mental health services are available.

Each TRICARE program has its own eligibility and enrollment requirements. Individuals must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) to be eligible for any TRICARE benefits. Enrollment for TRICARE coverage is subject to location, eligibility category, and the specific program requirements. Costs and enrollment fees also differ by program.

Health benefits advisors are available at local TRICARE Service Centers (TSC) or military treatment facilities (MTF) to help with questions regarding health care services or go to the above web site.

United Service Organization

www.uso.org

The USO's mission is to support service members and their families. There are 130 centers worldwide whose programs and services include:

- **Emergency Assistance** — USO centers offer housing and financial information, along with support for military members and their families, especially during emergencies. Programs set up by USO centers help provide military families with resources and assistance.
- **Support Groups** — With troops deployed all over the world, USO centers have established local support groups where family members of deployed service members can gather to provide support and encouragement for one another.
- **New Spouse Orientation** -Moving to a new area is often a difficult transition. Many USO centers offer orientation programs, which help acclimate new residents to the culture and community.

United States Air Force

<http://www.af.mil/>

Home page for the US Air Force.

United States Air Force Reserve

<http://www.afreserve.com>

Home page for the US Air Force Reserve.

United States Air National Guard

<http://www.ang.af.mil>

Home page for the US Air National Guard

United States Army

<http://www.army.mil>

Home Page for the USA

United State Army National Guard

<http://www.arng.army.mil>

Home page of the Army National Guard: composed of civilians who serve their country, state and community on a part-time basis. The Guard takes on both State and Federal roles.

United States Army Reserve

<http://www.usar.army.mil>

Home page of the US Army Reserve: a community-based federal military force that is skill based.

United States Coast Guard

<http://www.uscg.mil>

Home page for the USCG

United States Coast Guard Reserve

<http://www.uscg.mil/hq/reserve>

Home page for the Coast Guard Reserve

United States Information and Referral Systems

<http://www.211.org>

Many US States now have a 2-1-1 comprehensive referral phone line. By dialing 211, any state resident is provided with helpful information regarding a variety of state and community services available to them.

United States Marine Corps

<http://www.marines.mil>

Home page for the USMC

United States Marine Forces Reserve

<http://www.marforres.usmc.mil>

Home page for the US Marine Forces Reserve

United States Navy

<http://www.navy.mil>

Home page for the US Navy

United States Navy Reserve

<http://navyreserve.navy.mil>

Home page for the USNR

USA Cares

www.usacares.us

USA Cares exists to provide military families with financial support and other critical resources in their time of need. They provide "A Hand Up, Not A Hand Out."

- Assisting wounded warriors and their families
- Preventing home foreclosures and evictions
- Helping with basic needs during financial crisis

USO

<http://www.uso.org>

The USO is a private, nonprofit organization whose mission is to support the troops by providing morale, welfare and recreation-type services to our men and women in uniform. The original intent of Congress — and enduring style of USO delivery — is to represent the American people by extending a touch of home to the military. The USO currently operates more than 135 centers worldwide, including ten mobile canteens located in the continental United States and overseas. Overseas centers are located in Germany, Italy, the United Arab Emirates, Japan, Qatar, Korea, Iraq, Afghanistan, Guam and Kuwait. Service members and their families visit USO centers more than 6.9 million times each year. The USO is the way the American public supports the troops.

US Vets, Inc.

<http://www.usvetsinc.org/>

U.S. VETS is the largest non-profit organization in the country dedicated to helping homeless and at-risk veterans, and a nationally recognized leader in the field of service delivery to veterans.

Mission: The successful reintegration of homeless and at-risk veterans.

Strategy: U.S. VETS provides housing in conjunction with clinical counseling and employment assistance. Additionally, coordinating services with the U.S. Department of Veterans Affairs

and other partners brings in resources that foster the skills necessary for every veteran to return to the community, remain self-sufficient, and break the cycle of homelessness.

Locations: [Los Angeles, CA](#); [Long Beach, CA](#); [Riverside, CA](#); [Washington, D.C.](#); [Honolulu, Hawaii](#); [Waianae, Hawaii](#); [Las Vegas, Nevada](#); [Phoenix, Arizona](#); [Prescott, Arizona](#); [Houston, Texas](#); [Houston, Texas](#); [Compton, California](#)

VA Facilities Locator Webpage

<http://www2.va.gov/directory/guide/home>

Here you can find a VA facility close to you.

VA Medical Centers:

www.va.gov

This is the homepage for the Department of Veterans Affairs. It provides links to VA-related issues and concerns.

Vet Centers

<http://www.vetcenter.va.gov>

Vet Centers provide readjustment counseling, a wide range of services provided to combat veterans in the effort to make a satisfying transition from military to civilian life.

Veterans and Families Coming Home

<http://www.veteransandfamilies.org>

This site provides information for families, employers, and communities, to help support homecoming veterans in their transition from military to civilian life. Resources and readings are provided as well as information on preparing for homecoming.

Veterans Assistance Foundation (VAF)

www.veteransassistance.org

The Veterans Assistance Foundation (VAF) operates programs designed to assist homeless or at-risk-of-becoming-homeless veterans maintain or improve their status in society by providing a safe and secure environment through which they can access a wide array of human services. It is the focus of the VAF to: "Transition homeless veterans (or those veterans at risk of becoming homeless) into society's mainstream. This will be done by assisting them to obtain meaningful employment and subsequently - safe, decent, and sanitary housing."

Veterans Employment and Training Service (VETS)

<http://www.dol.gov/vets>

The Mission statement for VETS is to provide Veterans with the resources and services to succeed in the 21st century work force by maximizing their employment opportunities, protecting their employment rights and meeting labor-market demands with qualified Veterans. Various resources and information can be found on this website.

Veterans for Common Sense (VCS)

www.veteransforcommonsense.org

Veterans for Common Sense (VCS) was formed in August 2002 as a nonprofit organization by war veterans who believe that we, the people of the United States of America, are most secure when our country is free, strong, and responsibly engaged with the world. Our mission, based on the pragmatic ideals of the American patriot Thomas Paine, is to raise the unique and powerful voices of veterans so that our military, veterans, freedom, and national security are protected and enhanced, for ourselves and for future generations.

Veterans of Foreign Wars

<http://www.vfw.org>

The Veterans of Foreign Wars has a rich tradition in enhancing the lives of millions through its community service programs and special projects.

Veterans of Foreign Wars Foundation

www.vfwfoundation.org

This Foundation allows members and friends of the VFW alike across the nation to help support all the causes we so strongly believe in. In the end, the VFW Foundation will enable the VFW to grow, prosper, and provide many years of service to this great country and those who have proudly served it.

Vets4Vets

www.vets4vets.us

Vets4Vets is a non-partisan veteran organization dedicated to helping Iraq and Afghanistan-era veterans feel good about themselves and heal from any negative aspects of service and war through the use of peer support.

Vision: Our primary goal is to help Iraq and Afghanistan-era veterans understand the value of peer support and to regularly use peer support to express their emotions, manage their challenges and ease their reintegration into society. Our vision is that anytime a veteran needs to talk with someone who really understands, a local Vets4Vets peer support group is available at no cost. We envision Vets4Vets being a common name in the minds of all veterans as a place where they, and their comrades, can go to heal.

Vet Success

<http://vetsuccess.symplicity.com>

The purpose of this web site is to present information about the services that the Vocational Rehabilitation and Employment (VR&E) program provides to veterans with service-connected disabilities.

Vocational Rehabilitation and Employment Services

<http://www.vba.va.aov/bln/vre>

This website provides a variety of resources for Veterans, including information regarding employment and vocational services and assistance.

War-Related Illness and Injury Study Center (WRIISC)

<http://www.warrelatedillness.va.gov>

The War-Related Illness and Injury Study Center (WRIISC), pronounced "risk," offers services to combat veterans, families, and healthcare providers on deployment-related health concerns. These services include:

- Clinical care
- Research
- Risk communication
- Educational programs

The WRIISC clinical services focus on environmental exposure assessments and comprehensive medical evaluations for combat veterans who have chronic and difficult to diagnose symptoms. The WRIISC also provides education and clinical information to families and loved ones of deployed soldiers.

Warrior Care

<http://www.warriorcare.mil>

WarriorCare.mil serves as a portal to a variety of resources ranging from specific programs to sources of information. All play a role in ensuring warriors get the assistance to which they are entitled.

Women in the Military Project

<http://www.wrei.org/WomeninMilitary.htm>

The Women in the Military project was established in 1990 to provide information and policy analysis on issues important to military women and women veterans to government policy makers, scholars, the media, the media, and the general public. In conjunction with the project's mission, WREI publishes Women in the Military: Where They Stand, now in its fifth edition.

Women Veterans of America (WVA)

www.womenveteransofamerica.com

Women Veterans of America (WVA) shall unite all women veterans and ensure the best possible care is given to women veterans by the Department of Veteran's Affairs Medical Centers. WVA is an advocacy for all women veterans and for women currently serving in the military.

Wounded Soldier and Family Hotline

Use these numbers to contact the hotline:

Stateside: 1-800-984-8523

Overseas DSN: 312-328-0002

Stateside DSN: 328-0002

Email: wfsupport@conus.army.mil

Wounded Warriors Family Support

<http://www.woundedwarriorsfamilysupport.org>

Wounded Warriors Family Support's mission is to provide support to the families of those who have been wounded, injured or killed during combat operations. They provide a place, free of charge, for these families to find peace and solace in family-friendly resorts located in Orlando, Florida and Galveston, Texas.

Wounded Warrior Program

<http://www.cao.house.gov>

The Wounded Warrior Program was established to create fellowships that provide employment opportunities for wounded or disabled veterans within the House of Representatives. Positions are available in Member, committee and leadership offices in Washington, DC and in district offices nationwide. Wherever possible, those selected for the program will be given the opportunity to transition into full time employment. However, full time employment is not guaranteed at the conclusion of the two year fellowship.

The positions are filled with veterans of Operation Enduring Freedom and Operation Iraqi Freedom who have a 30 percent or greater service connected disability rating from either a military Physical Evaluation Board or the Department of Veterans Affairs. If a fellowship is located within a Member's district, the appointment is contingent on the Representative's continuous representation of that district.

Wounded Warrior Project

<https://www.woundedwarriorproject.org/>

The mission of the Wounded Warrior Project is to honor and empower wounded warriors by:

- Raising awareness and enlisting the public's aid for the needs of severely injured service men and women,
- Helping severely injured service members aid and assist each other, and
- Providing unique, direct programs and services to meet the needs of severely injured service members.

Wounded Warrior Regiment - USMC

<http://woundedwarriorregiment.org>

The mission of the WWR is to provide and facilitate assistance to wounded/injured/ill Marines, Sailors attached to or in support of Marine units, and their family members throughout the phases of recovery.

Headquartered in Quantico, Virginia, and with Wounded Warrior Battalions on both the East and West Coasts, the WWR is a unique organization spawned from a combination of the 2005 Marine for Life III/ Injured Support Section and the 2004 wounded warrior barracks located in Camp Lejeune, North Carolina.

For assistance, information, and referral services, contact the Sergeant Merlin German Wounded Warrior Call Center at 1-877-4USMCWW (1-877-487-6299) The Call Center is

available 24/7 to ensure Marines, Marine veterans, and their families are supported throughout the phases of recovery at all geographic locations.

Wounded Warrior Resource Center Website (WWRC)

<http://www.woundedwarriorresourcecenter.com/>

The Wounded Warrior Resource Center Website (WWRC) is a Department of Defense website which provides wounded service members, their families, and caregivers with information they need on military facilities, health care services, and benefits. It supports access to the Wounded Warrior Resource Call Center and trained specialists who are available 24 hours a day, 7 days a week by phone at 1-800-342-9647 or by email at wwrc@militaryonesource.com. Information is also available on how to connect to other families for support and recreation.

Zero to Three: National Center for Infants, Toddlers and Families

www.zerotothree.org...key_military

Military Projects at ZERO TO THREE has launched a new three-year initiative, Coming Together Around Military Families (CTAMF). It is aimed at strengthening the resilience of young children and their families who are experiencing deployment and separation.

Google the following organizations to find out how they are supporting military members today!

A Million Thanks
A Soldier's Wish List
Academy Women
Adopt a Platoon
Adopt a Soldier Ministries
Adopt a Unit US, Inc.
Adopt a US Soldier
Adopt-a-Chaplain
Adopt-a-Soldier Platoon
Air Force Enlisted Village
Air Warrior Courage Foundation
American Freedom Foundation
American Heroes Tribute
American Military Family
American Soldier Foundation
America's Littlest Heroes
America's Vet Dogs
Angels 'n Camouflage
Angels of Mercy
Any Soldier
Armor 4 Troops Foundation
Azalea Charities Aid for Wounded Soldiers
Back in the Saddle Bit by Bit (BITS)
Beanies for Baghdad

Believe in Tomorrow National Children's Foundation
Blue Star Riders
Boatsie's Boxes
Bowlers for Veterans
Bowlers to Veterans Link
Brave Kids
Building Homes for Heroes
Caring for Troops
Caring Bridge
Cell Phones for Soldiers
Children of Fallen Soldiers Relief Fund
CinCHouse
Citizen S.A.M.
Citizen Soldier Connection
Comfort for America's Uniformed Services
Defenders of Freedom
Deployed Soldier's Family Foundation
Desert Angels, Inc.
disABLED person
Disabled Sports USA
Dive Pirates Foundation
Dog Tags for Kids
Eagle's Watch Foundation
ElderQuest Ministries
Fallen Heroes Foundation
Family and Friends for Freedom Fund
Flags Across the Nation
Folds of Honor Foundation
Fore Our Soldiers
Forgotten Heroes
Forgotten Soldiers Outreach, Inc.
Freedom Calls
Freedom is Not Free
G.I. Woodshop
Give 2 the Troops
Give a Vet a Chance, Inc.
Gold Star Siblings of America
Golfers for Freedom
Grateful American Coin, Inc.
Have a Heart/Adopt a Soldier
Hearts Across the Miles
Helmets to Hardhats
Help Our Troops Call Home
Help U.S. Troops
Helping Our Troops
Helping Unite Gold Star Survivors
Hero Hugs
Hero Miles
Heroes of the War on Terrorism Scholarship
Hire a Hero
Hire Heroes USA

Home of the Brave Quilts
Homefront America
Homefront Hugs USA
Homefront Readiness
Homes for Our Troops
Honor Flight Chicago
Hope Coming Ministries
Hope for the Warriors
Hugs for Our Soldiers
Ladies Auxiliary to the VFW
Landstuhl Hospital Care Project
Letters from Home
Little Patriots Embraced
Local Heroes, Inc.
Lost and Found, Inc.
Marine Corps Family Support Community
Marine Corps Law Enforcement Foundation
Marine Graduation Foundation
Marine Moms Online
Marine Parents
Marine Parents United
Mike's Guardian Eagle Foundation
Military Child Care in Your Neighborhood
Military Child Education Coalition
Military Civilian Experience, Inc.
Military Family Support Centers, Inc.
Military Ministry
Military Missions
Military Mom in Action
Military Money
Military Spouse Corporate Career Network (MSCCN)
Military, Veteran and Family Assistance Foundation
Mothers of Military Support
Music for Troops
My Soldier
National Homeland Defense Foundation
National Next of Kin Registry
National Rehabilitation & Rediscovery Foundation
National Remember Our Troops Campaign
National Restoration to Military Families Team
National Veterans Foundation
Naval Special Warfare Foundation
Neighbors International Foundation
Notes of Appreciation
ONE Freedom
Operation Bandanas
Operation Care and Comfort
Operation Care Package
Operation Child Care
Operation Dreamseed
Operation Ensuring Christmas

Operation Family Fund
Operation First Response
Operation from the Heart
Operation Give
Operation Give a Hug
Operation Goody Bag
Operation Gratitude
Operation Happy Note
Operation Helmet
Operation Hope
Operation Interdependence
Operation Iraqi Children
Operation Life Transformed
Operation Military Child Care
Operation Military Embrace
Operation Military Support
Operation Morale
Operation Never Forgotten
Operation Noble Foster
Operation One Family
Operation Paperback
Operation Pinecone
Operation Remembrance
Operation Second Chance
Operation Shoebox
Operation Silver Spurs
Operation Stars and Stripes
Operation Stephen's Touch
Operation Stocking Stuffer
Operation Straight Up / OSU Tour
Operation Thank You
Operation Troop Aid, Inc.
Operation Uplink
Operation Voices and Love
Operation: Action Packed!
Operation: Mom's Cookies, Inc.
Operation: Quiet Comfort
Operation: S.A.M.
Our Fallen Soldier
Packages from Home
Packed with Pride
Patriotic Hearts
Pilots for Christ, International
Post War Military Family Needs
Prayer Angels for the Military
Project Compassion
Project EverGreen Foundation Inc.
Project Prayer Flag
Project Sanctuary
Project TLC: Serving Those Who Serve
Project Victory

Pros vs. GI Joes
Proud Patriots
Reach Out and Read
Rebuilding Together: Heroes at Home
Reserve Officer's Association
Return to Honor
Road 2 Recovery
Salute Our Services
Salute the Troops
Sentinels of Freedom Scholarship Foundation
Serving Those Who Serve
Sew Much Comfort
Silver Star Families of America
Snowball Express
Sock Monkey Ministries, Inc.
SOFAR: Strategic Outreach to Families of All Reservists
Soldier Support Foundation
Soldiers Angels
Soldiers Memorial Fund
Soldiers to Movies
Southeastern Guide Dogs, Inc.
Special Operations Warrior Foundation
Spirit of America
Sponsor The Troops
Still Serving Veterans
Strength for Service
Summit Supports Our Troops
Support a Soldier
Support Our Soldiers America
Tee it Up for the Troops
Thanks USA
That Others May Live
The 9-11 HelpAmerica Foundation
The Freedom Fund
The Greer Foundation
The Home Front Cares
The Hugs Project
The Military Spouse Pinnacle Foundation
The North Star Group
The Retired Enlisted Association Memorial Foundation
The Sempercomm Foundation
The Soldiers Project
The Soldiers', Sailors', Marines', Coast Guard & Airmen Club
The Thank You Foundation
Toys for the Troops' Kids
Treat the Troops
Treats and Letters From America
Troop Care Package
True to the Red White and Blue
U.S. Troop Support Foundation
U.S. Vet Aid

United States Entertainment Force, Inc.
United Through Reading
United Warrior Survivor Foundation
United We Serve
Unmet Needs Program
Vacation for Veterans
Veteran Love and Appreciation Fund
Veteran to Veteran
Veterans Airlift Command
Veterans' Families United Foundation
Veterans Moving Forward
Veterans Outreach Center, Inc.
Veterans Resource Network
Victory Boxes
Warrior Foundation
Watering Seeds Organization
We Do Care
Wear the Message, Inc.
Wounded EOD Warrior
Wounded Heroes Foundation
Yellow Ribbon America

