

Support Groups, Veterans

Mutual support groups whose members were previously affiliated with one of the branches of the armed forces, their families and friends. The groups meet in-person, by telephone or via the Internet; may focus on former prisoners of war, veterans of specific wars, e.g., the Gulf War, women who are veterans or other specific veteran populations; and allow participants to share their experience, strengths and hopes and put their lives back together if they have been troubled by homelessness, disability, substance abuse, depression or other issues related to their service to the country.

Article

The Veterans Crisis Line is here for you

If you are facing some challenges, you are not alone and the Veterans Crisis Line is here to support you.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Article

Veteran Suicide Prevention

If you're a Veteran in a mental health crisis and you're thinking about hurting yourself—or you know a Veteran who's considering this—get help right away. You're not alone.

Source

[U.S. Department of Veterans Affairs](#)

Links

VetResources Newsletter: For Veterans, Families/Caregivers, Survivors

Source

[VetResources Newsletter: For Veterans, Families/Caregivers, Survivors](#)

Article

VA Suicide Prevention Toolkit for Caregivers

Learn about the VA Suicide Prevention Toolkit for Caregivers.

Source

[U.S. Department of Veterans Affairs](#)

Article

Five reasons you should join an online Veteran network

While networking can be important and beneficial to anyone, it may be even more so for military members, Veterans and their spouses.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Article

7 stress resources Veterans can use right now

Veterans can access a range of mental health resources to help deal with stress.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Books & Guides

EVERYONE SERVES: A Handbook for Family and Friends of Service Members During Pre-Deployment, Deployment, and Reintegration

The EVERYONE SERVES handbook provides valuable information for the family and friends of service members during deployment separations.

Source

[Blue Star Families](#)

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