



## Top Mental Health Resources for Active Duty Spouses

**Military One Source:** 800.342.9647 [www.militaryonesource.com](http://www.militaryonesource.com)

- 12 FREE sessions with local therapist or via the phone.
- Service member and their dependents (regardless of activation status or prior deployment).
- No co-pay, no deductible, no access to your military records.

**Vet Centers:** 877.222.8387 [www.va.gov/rcs](http://www.va.gov/rcs)

- FREE at your local Vet Center.
- Service members and their families who have deployed under GWOT (and other war zones), **or** service members who have been sexually assaulted/harassed
- Readjustment counseling, marital, family, job, substance abuse counseling
- All services confidential and free to eligible veterans and their families.

**National Veterans Foundation:** 1.888.777.4443 [www.nvf.org](http://www.nvf.org)

- FREE support via 800 number and referral.
- Serving all Veterans and their Families,
- 9am-9pm Pacific Standard Time
- Suicide/crisis intervention, Mental health services and PTSD counseling, Homelessness services, Substance abuse treatment, VA benefits counseling and advocacy, Employment/job training, Legal aid, Support for military families, survivors and dependants.

**The Soldiers Project:** 818.761.7438 [www.thesoldiersproject.org](http://www.thesoldiersproject.org)

- Free psychological treatment to military service members (Active duty, Guard, Reserves and veterans) who have served or expect to serve in OEF and/or OIF.
- They also provide treatment for family members.
- Confidential and with a local licensed mental health professional.

**Vets 4 Vets:** 520.319.5500 [www.vets4vets](http://www.vets4vets)

- 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.

**Give An Hour:** [www.giveanhour.org](http://www.giveanhour.org)

- Free mental health services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan.

**Coming Home Project:** [www.cominghomeproject.net](http://www.cominghomeproject.net)

- Free for OEF/OIF Service Members and their families, compassionate care, support and stress management and retreats!

**Military411:** [www.military411.org](http://www.military411.org)

- Information on mental health available to service members and their families.