

OTHER SUPPORT SERVICES

Armed Services Arts Partnership (ASAP)

Offers a wide range of arts-based programs – some with a therapeutic focus – to active duty military and veterans.

www.asapasap.org

Blue Star Families

Provides family-focused community events and programs for military families.

bluestarfam.org

Military One Source

(800)-342-9647

Wide range of services for military community.

www.militaryonesource.mil

Provides COVID-19 information for the military community including latest updates and support for military families during the COVID-19 pandemic.

www.militaryonesource.mil/COVID-19

National Alliance on Mental Illness

(800) 950-NAMI

info@nami.org

M-F 10am-6pm ET

Mental health advocacy, education, support, and awareness. Some services targeted specifically for military, veterans, and families. Text NAMI to 741741 for the crisis text line.

National Resource Directory

Searchable database of resources for a vast range of services (including health and wellness) vetted for service members, veterans, family members, and caregivers.

nrd.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

Provides information, resources, crisis line info, and service locators for mental health and substance abuse treatment.

www.samhsa.gov/find-treatment

Team Red, White and Blue (Team RWB)

Enriches lives of veterans by connecting them to their community through physical and social activity. Their mobile application offers virtual classes, workouts, fitness routines, runs, etc.

www.teamrwb.org

USO of Metropolitan Washington- Baltimore

Provides programs and services for active duty troops and their families at local military hospitals, USO centers and USO airport lounges.

metro.uso.org

Can provide direct unit support upon request for supplies, etc.

metro.uso.org/programs/request-unit-support

Wounded Warrior Project

O: 202-558-4315, C: 904-805-2024

Offers support and resource programs for veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

Free mental health support line, *WWP Talk*, 9am-9pm EST, Monday-Friday: (904) 405-1213

www.woundedwarriorproject.org/programs/mental-wellness

CRISIS HELPLINES

AIDS Crisis Line: (800) 221-7044

American Association of Poison Control Centers:
(800) 222-1222

Anorexia/Bulimia National Crisis Line: (800) 233-4357

Centerstone Military Services Crisis Line:
(866) 781-8010

Crisis Text Line: text **DESERVE** or **SIGNS** to 741741

Family Violence Helpline: (800) 996-6228

GLBT Hotline: (888) 843-4564

Lifeline Crisis Online Chat:
suicidepreventionlifeline.org/chat

Montgomery County Crisis Hotline: (301) 738-2255

National Child Abuse Hotline: (800) 422-4453

National Council on Alcoholism and Drug
Dependency Hope Line: (800) 622-2255

National Domestic Violence Hotline: (800) 799-7233

National Hopeline Network: (800) 784-2433

National Suicide Prevention Lifeline: (800) 273-8255

Planned Parenthood Hotline: (800) 230-7526

Self-Harm Hotline: (800) 366-8288

Substance Abuse and Mental Health Services
Administration (SAMHSA): (800) 662-4357

Trans Lifeline: (877) 565-8860, www.translifeline.org

TREVOR Crisis Hotline: (866) 488-7386

Veterans Crisis Line: (800)-273-8255, option 1

Veterans Crisis Line TEXT: send a text to 838255

Veterans Crisis Online: www.veteranscrisisline.net

Vets4Warriors: (855) 838-8255



Walter Reed
National Military
Medical Center

8901 Rockville Pike
Bethesda, Maryland 20889-5600
www.tricare.mil/mtf/walterreed
800.526.7101

Behavioral Health Clinic: 301-319-8852



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Counseling and Support Services

DURING COVID-19 PANDEMIC AND BEYOND



Walter Reed
National Military
Medical Center

IN AN EMERGENCY?

If your situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.

COUNSELING SERVICES

Centerstone Military Services (866) 726-4560

A network of clinics offering a wide range of services to military, veterans, and families including counseling, therapeutic retreats, housing assistance, employment counseling, and online support groups, classes, and workshops.
centerstone.org/locations/military-services

Give an Hour

Free mental health care for active duty, National Guard, Reservists, veterans, and their families.
giveanhour.org/about-give-an-hour/mission

Headstrong

Confidential, individualized, comprehensive, and free treatment for trauma-related disorders for veterans and their families.
getheadstrong.org/get-help

Humana Military (800) 444-5445

Administers the TRICARE health program for military members, retirees and their families in the East Region.
www.humanamilitary.com

Maryland Pro Bono Counseling Project (410) 825-1001/1388

No or low-cost mental health for MD residents.
www.probonocounseling.org

Military One Source Military and Family Life Counselor Program (800)-342-9647

Offers a wide range of individualized consultations and non-medical counseling for many aspects of military life.
www.militaryonesource.mil/confidential-help/non-medical-counseling

Psychology Today

National directory of therapists with multiple filter options.
www.PsychologyToday.com

ServingTogether/EveryMind (855) 738-7176

Provides resources for military, veterans, and families in the National Capital Region to guide them to the most appropriate services and resources available.
www.servingtogetherproject.org
Crisis Chat: suicidepreventionlifeline.org/chat

Steve A. Cohen Military Family Clinic at Easterseals (240) 847-7500

Integrated behavioral health care to veterans (including National Guard and Reserves) and their families or caregivers at low-cost.
www.easterseals.com/DCMDVA/our-programs/cvn-home.html

Substance Abuse and Mental Health Services Administration (SAMHSA)

Provides service locators for mental health and substance abuse treatment.
findtreatment.samhsa.gov

Therapy for Black Girls Directory

A list of mental health professionals across the country who are dedicated to the mental wellness of Black women and girls.
www.therapyforblackgirls.com

Tragedy Assistance Program for Survivors (TAPS) (800) 959-8277

A network of community partners that provides free grief and trauma counseling; suicide “postvention” care for individuals, families, and military units/commands; and other therapeutic programs and resources.
www.taps.org

TRICARE Mental Health

Provides info on TRICARE’s mental health coverage. Includes MHS Nurse Advice Line, crisis hotlines, and other resources and info on covered treatments and costs.
www.tricare.mil/mentalhealth

VA Health Center Directory

Find one of VA’s health care, counseling, and benefits facilities, plus VA’s nationwide network of community health care providers.
www.va.gov/find-locations/?facilityType=vet_center

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SUPPORT SERVICES

DIRECTLY RELATED TO COVID-19

Armed Services Arts Partnership (ASAP)

Offering a wide range of virtual arts-based programs – some with a therapeutic focus – to active duty military and veterans during the COVID-19 pandemic. Perfect for those stuck at home practicing social distancing.
www.asapasap.org/COVID-19

Blue Star Families

Created a COVID-19 Military Support Initiative to provide a united, national platform for sharing information, maintaining engagement, and developing best practices and policy approaches to ensure military families receive support during the COVID-19 pandemic.
bluestarfam.org/COVID-19

Military One Source (800)-342-9647

Provides COVID-19 information for military community including updates and support for military families during COVID-19 pandemic.
www.militaryonesource.mil/COVID-19