

LIFE CHALLENGES & MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline	Free counseling and support for anyone in the United States	988 (Veterans press 1) Text 838255 Chat at veteranscrisisline.net
Crisis Text Line	24/7 text support for anyone (not just Veterans) going through a crisis	Text HOME to 741741
SAMHSA National Helpline + Treatment Locator	Free support and treatment locator/referral services for mental and/or substance use	800-662-HELP (4357) Text ZIP code to 435748 findtreatment.samhsa.gov
Don't Wait. Reach Out.	Veterans complete a self-assessment to proactively find specific support and resources	https://www.va.gov/REACH/
Postvention Resources	Support for survivors of suicide loss	https://www.postvention.org/mirecc.va.gov/visn19/postvention
Give an Hour Counseling	Free counseling and education for Veterans and Service Members	www.giveanhour.org
Vets4Warriors	Help with challenges before they escalate into a crisis for veterans, military, and families	855-838-8255 Or chat/email at www.vets4warriors.com
Military OneSource	Confidential support for military members and families during times of stress (non-crisis)	800-342-9647 www.militaryonesource.mil
VA Resources for Mental Health & Suicide Prevention	Information and resources for suicide prevention, coping & support, and lethal means safety through the VA	https://www.mentalhealth.va.gov/suicide_prevention/
Vet Center (Readjustment Counseling)	Confidential support for combat veterans and families facing issues with readjustment to civilian life	877-WAR-VETS 877-927-8387
Arkansas Department of Human Services Mental Health & Addiction Services Support Line	A resource to contact when looking for mental health or substance use disorder treatment providers in any area of the state.	1-844-763-0198, Mon – Fri, 8:00 am – 4:30 pm https://humanservices.arkansas.gov/divisions-shared-services/shared-services/office-of-substance-abuse-and-mental-health/samh-treatment/
AR Connectnow	Provides assistance with mental health issues like depression, anxiety and/or stress	https://uamshealth.com/ar-connectnow/ 1-501-526-3563 or 1-800-482-9921 24 hours a day, 7 days a week