

Emotional Health, PTSD and Suicide Prevention

<http://www.suicidepreventionlifeline.org/>(offers volunteer opportunities and resources)

By calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), and then pressing 1 to reach the Veterans Crisis Line, you'll be connected to a skilled, trained counselor at a crisis center in

your area, anytime 24/7. This website offers resources on suicide prevention, including a toolkit, a downloadable app to help an individual stay safe, a chat feature for homeless veterans, self- assessments, specific veteran resources and videos and much more.

www.vetcenter.va.gov (offers volunteer opportunities and resources) The Veterans Administration provides community-based Vet Centers in every state. There are multiple

centers located within the Diocese of West Texas. Please see the VA website for a full list of centers at:

<http://www.va.gov/directory/guide/state.asp?dnum=ALL&STATE=TX>

These centers offer readjustment counseling and a wide range of psychosocial services off to eligible veterans and their families to help them make a successful transition from military to civilian life. They include:

- Individual and group counseling for v ○ ○ ○
- Outreach and education including PDHRA, community ev ○ ○ ○
- Screening & referral for medical issues including TBI, depression, etc.