

FAMILY RESILIENCE KIT: TIPS FOR USE

NATIONAL CENTER
FOR TELEHEALTH &
TECHNOLOGY





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Welcome Letter

Dear Military Family Service Provider,

We are pleased to share this year's Family Resilience Program with you. The National Center for Telehealth & Technology (T2), a center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), developed a program kit with materials designed to help strengthen military families at your installation. This guide provides suggestions for using the kit materials to enhance your ongoing support services.

The program theme for this year is "Family First: Supporting Wellness on the Homefront," with a focus on helping military families strengthen their resilience. Using the kit resources will help facilitate mental health awareness and dialogue within your military community, especially for those who may not know how to identify or talk about these issues. In addition to educating service members about support services available to them, you can also highlight other mental health services available in your community.

We recommend that you review the kit materials before organizing a family-based event. You may also wish to contact your chaplain and/or local psychological health providers to discuss the needs of your local military community and how the kit materials can best fit those needs.

Program feedback is critical to the continued success of the Family Resilience Program. In the kit, you will find a summary form for the family support provider to complete as well as surveys for participating service members and their spouses.

We hope this resource will help you support your military community. For more information about using these materials, feel free to contact our contract support team at mrmc.dcoe.t2-contactus@mail.mil or call our office at 703-712-4291. Alternatively, you may contact the program's contracting officer's representative, Richard Demaree, at richard.a.demaree.civ@mail.mil or by phone at 253-302-1509.

We wish you the best of luck, and thank you for your ongoing support to military personnel and their families.

Very Respectfully,

National Center for Telehealth & Technology





Part One: Introduction

What is the Family Resilience Program?

The Family Resilience Program provides you with tools to help service members and their families manage the stressors of military life, identify symptoms of mental health concerns, build resilience, and access psychological health services. The materials in this kit will help you facilitate discussion within a group setting and within the family unit.

Who Should Use the Program?

You may wish to share these materials with family readiness leaders, family resource center staff, military resource personnel, chaplains and psychological health professionals.

How is the Program Structured?

The keystone of this program is the award-winning Military Kids Connect (MKC) website and online community (militarykidsconnect.dcoe.mil). This online community provides interactive activities and peer-to-peer connections designed to improve the psychological health and resilience of military youth. The MKC website contains custom-developed, age-appropriate content for kids (ages 6-8), tweens (ages 9-12) and teens (ages 13-17), including:

- Videos and animated graphic novels featuring military-connected youth sharing their experiences with the unique challenges of military life
- A monitored online message board where tweens and teens participate in discussions with their peers
- Tools and creative activities to improve coping and stress management skills
- Online games - "Stress Blaster", "Operation Care Package", "What's Different?" and more

The website has separate pages for parents and educators, allowing them to:

- View articles, videos, interactives, and other educational resources
- Use the Resource Guide to locate helpful websites, materials and organizations
- Read and download lesson plans (educator page only)

In addition to the Military Kids Connect resources, the AfterDeployment website (afterdeployment.dcoe.mil) provides educational and interactive tools that address common post-deployment adjustment issues to support service members, their families and military health providers.

AfterDeployment is comprised of a home page and a providers page, each of which provides libraries of valuable psychological health self-care information and assessments for service members and the military community. The home page covers 20 topic areas, including posttraumatic stress disorder (PTSD), mild traumatic brain injury (TBI), depression, sleep problems, relationship issues, anger and substance abuse. Content includes online, anonymous assessments, educational videos, personal story videos, in-depth educational booklets, quick tips, and fact sheets providing exercises and next steps. The home page also provides links to help lines, online chat resources, and a tool to locate local psychological health providers.

The providers page supports health care professionals treating patients with psychological health concerns and covers the same topic areas as the home page. The 29 online assessments are available to print from the providers page and include a question sheet, references to validation studies, and instructions for scoring. References and continuing education resources are also available, including links to clinical practice guidelines developed by the Defense Department (DoD) and U.S. Department of Veterans Affairs (VA), and provider education and training courses on psychological health topics.



Part Two: The Family Resilience Kit

What is Included in the Kit?

The kit contains both educational and promotional materials. Educational materials can be used throughout the year to help answer questions, facilitate conversation and provide links to helpful resources. Promotional materials can be used to advertise a specific event, and include fun giveaway items such as puzzles and magnets.

Using the Educational Materials

Through collaboration with organizations like the National Institute of Mental Health, Substance Abuse and Mental Health Services Administration, and the National Center for PTSD, T2 created a number of pamphlets, brochures, and other handouts for your use. These materials address topics like depression, alcohol misuse, PTSD, anxiety and coping skills.

Educational kit items, by topic, include:

Supporting your children



Family Resilience Begins With You
Military Parent Resource Guide

Supporting your children (continued)



Big Moving Adventure Mobile App Card



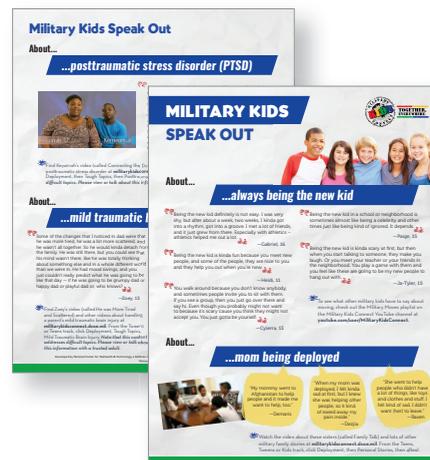
Parenting2Go Mobile App Card



Military Kids Connect Mild TBI Counter Card



Military Kids Connect PTSD Counter Card



Military Kids Speak Out

Helping yourself

JUST THE FACTS: Anxiety

UNDERSTANDING ANXIETY

Many different words are used to describe the feeling of anxiety. Anxiety is often described as motivation, excitement, tension, stress, worry, nerves and phobias. Anxiety can be a normal reaction to new and positive challenges or stressful events. Anxiety can also be the result of faulty thinking and other controllable causes that become problematic and interfere with life and health. **Everyone has felt anxious at some time in life. Anxiety is experienced in a number of ways including:**

- Butterflies in your stomach before a big date
- Kinds in your stomach when your supervisor is upset
- Floundering when you hear a strange noise outside your home

In some situations, anxiety is very useful. Anxiety is a sign that tells the body that it should be on alert. Anxiety helps to prepare a person for action. Anxiety can motivate you to study for an exam and work hard to keep a supervisor happy. Anxiety can urge you to act, which may help you cope with a difficult situation.

Are you a worrier?
Worrying is a form of anxiety. Worry can be a natural response to life conditions. Everyone worries about something at some time. However, worry becomes problematic when its associated behaviors interfere with the ability to live a happy, healthy life.

Signs that worry might be problematic in your life:

- You are obsessively on and off thinking about potential future dangers or threats
- You are consistently making negative predictions about the future
- You tend to overestimate the likelihood that something bad will happen
- You repeat worried thoughts over and over again in your head

When is anxiety a problem?
Some amount of anxiety is normal. However, an anxiety disorder can keep a person from coping with the ups and downs of life. An anxiety disorder can make a person feel anxious most of the time without any particular cause. In some cases, the anxious feelings may be so uncomfortable that an individual will do anything necessary to avoid these feelings including stopping or changing everyday activities. Anxiety can become so severe that it prevents a person from leaving his or her home. Severe anxiety can prevent a person from going to work or engaging in meaningful activities with friends and family.

Take an anonymous online screening at AfterDeployment.doc.mil/just-the-facts-anxiety. This material may be reproduced for professional use. © 2010 AfterDeployment.doc.mil

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FAAM 02-16

Just the Facts: Understanding Anxiety

JUST THE FACTS: Depression

DISPELLING THE MYTHS

Sometimes it's hard to ask for help, but you don't need to struggle alone. When you're depressed, the people around you are affected, both at home and at work. Taking care of yourself is good for everyone – you and the people you interact with.

It's common for service members to worry that seeking the help they need will hurt their careers or mean that they're weak or unable to perform their duties. **NOT TRUE:** Here are some additional myths that are not based on fact.

Myth: "My command discourages me from getting help."
Fact: Top U.S. military commanders have stated publicly that they encourage all military personnel to get the mental health support they need. Your career is more likely to suffer if you don't seek help, because not getting the help you need (and deserve) can make things worse. Untreated depression can lead to poor job performance and relationship difficulties.

Myth: "My leaders will have access to my mental health records."
Fact: Mental health records are covered by confidentiality and privacy provisions. Ask your provider to explain the limits of confidentiality and the circumstances under which your leadership may obtain access to your records.

Myth: "My service records will show my mental health information."
Fact: Military service records don't contain mental health information unless a service member was found unfit or unsuitable for military duty.

If you're not comfortable seeking mental health treatment through the military, please get the help you need through other resources including those described on the next page. Remember that you're doing the right thing. Without help, your problems can worsen and endanger not just you, but the lives of everyone around you.

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Just the Facts: Depression – Where to Get Help

JUST THE FACTS: PTSD

UNDERSTANDING POSTTRAUMATIC STRESS DISORDER

Posttraumatic stress disorder (PTSD) is a condition that can occur after exposure to a traumatic event. A traumatic event is something horrible and scary that you saw or that happens to you. During this type of event, you think that your life or others' lives are in danger.

Anyone who experienced a life-threatening event themselves, witnessed one happen to someone else, or learned about a traumatic event occurring to a close family member or friend, can develop PTSD. These events can include:

- Combat exposure
- Child sexual or physical abuse
- Terrorist attacks
- Sexual or physical assault
- Serious accidents, such as a fire or wreck
- Natural disasters, such as a fire, tornado, hurricane, flood or earthquake

Following exposure to these kinds of events, you may experience some of the symptoms described in this resource. If these symptoms don't go away or they get worse, you may have PTSD. These symptoms may disrupt your life, making it hard to continue with your daily activities.

How does PTSD develop?
Experiencing a traumatic event can cause strong emotional reactions and thoughts that can result in changes in the brain. Most people who go through a traumatic event have some post-traumatic stress symptoms, yet not everyone will develop PTSD. Don't know why some people develop PTSD and others don't. How likely you are to get PTSD depends on many things. These include:

- How intense the trauma was or how long it lasted
- If you lost someone you were close to
- If you or at least one were physically injured
- How close you were to the event
- How strongly the event affected your emotional reaction and thoughts
- If you felt the event and circumstances were in your control or beyond your control
- How much help and support you had following the event

Most people who develop PTSD eventually get better. However, one out of five people with PTSD continue to experience some symptoms. Even if you continue to have symptoms, treatment can help you cope. Your symptoms don't have to interfere with your everyday activities, work and relationships.

Take an anonymous online screening at AfterDeployment.doc.mil/just-the-facts-ptsd. This material may be reproduced for professional use. © 2010 AfterDeployment.doc.mil

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Just the Facts: Understanding Posttraumatic Stress Disorder

JUST THE FACTS: Alcohol & Drugs

SUBSTANCE USE AND POST-TRAUMATIC STRESS

The Relationship Between Substance Use and Post-traumatic Stress
There's a strong link between traumatic experiences and substance use problems, which include excess alcohol use and misuse of prescription drugs. It is not unusual for trauma survivors to turn to alcohol or drugs for distraction or relief from stress, upsetting memories, depression and sleep problems.

Why? Alcohol and drugs often make things seem better, at least momentarily. You forget your stress, the memories of your deployment seem to go away, your depression is muted, you can fall asleep.

But, drinking and using drugs may make things worse. People with alcohol or substance use problems are more likely to struggle with stress and trauma, and lose control of significant parts of their lives. In the long run, excessive drinking or using drugs can make it harder, not easier, to cope with post-traumatic stress, tension, sleep issues, relationships and manage responsibilities.

Post-traumatic Stress Symptoms

1. **Re-experiencing the trauma:** flashbacks, nightmares, memories you can't get rid of, or intense emotional and physical reactions to reminders of the trauma being "triggered".
2. **Avoiding situations that remind you of the traumatic event:** avoiding activities, people, or places that remind you of the trauma, or avoiding talking or thinking about the event.
3. **Negative mood or thought:** lost or distorted memories of the traumatic event; negative thoughts about yourself, others or the world; lack of positive or loving emotions; feeling distant from others or wanting to be alone, not interested in activities you once enjoyed.
4. **Increased arousal:** having a hard time relaxing and concentrating, being irritable, on guard and "jumpy," or having intense startle responses like "flinching the dog" or reacting very strongly when surprised.

Many experts refer to post-traumatic stress as a "normal reaction to abnormal events." If you're having these reactions, know that they are common and normal after what you've been through. These reactions do not mean that you're weak, crazy or bad. There are many healthy ways you can manage or overcome these symptoms, but **please remember: using alcohol or drugs is not one of them.**

Take an anonymous online screening at AfterDeployment.doc.mil/just-the-facts-alcohol-drugs. This material may be reproduced for professional use. © 2010 AfterDeployment.doc.mil

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Just the Facts: Substance Use and Post-traumatic Stress

Create a Mobile Hope Box or Crisis Kit

Simple tools to help you re-engage coping and positive thinking.

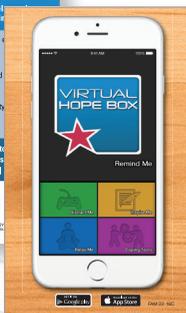
Virtual Hope Box helps regulate and cope with stress.

Some of the tools include:

- personalized audio, video and games
- mindfulness exercises
- positive messages and activity
- inspirational quotes
- coping statements

For more information and to see about other T2 products visit t2health.doc.mil

Developed by National Center for Neurologic & Technology Readiness for Posttraumatic Health and Resilience
Released March 2016



Virtual Hope Box Mobile App Card

Curious About Changes in Your Mood?

Track your mood today to get ideas for a better tomorrow.

With T2 Mood Tracker monitor, track and relieve emotions over a period. Use your results as a self or share them with the health care provider.

For more information and about other T2 products visit t2health.doc.mil

Developed by National Center for Neurologic & Technology Readiness for Posttraumatic Health and Resilience
Released March 2016



Mood Tracker Mobile App Card

Find Out About Your Psychological Health

This is a listing of assessments you can complete anonymously online at AfterDeployment.doc.mil. They are all standard assessments used by health care professionals and cover a wide range of concerns.

Alcohol and Drug Use	Anger
Anxiety	Caregiver Stress
Depression	Forgiveness
Friendship	Generosity
Gratitude	Hope
Life Stress	Marital Satisfaction
Social Trauma	Mild Traumatic Brain Injury
Nicotine Dependence	Optimism
Panic	Parenting Confidence
Perceived Social Support	Physical Injury Resilience
Post-deployment Social Support	Post-traumatic Stress
Resilience	Satisfaction with Life
Sleep	Spirituality
Stigma	Work Adjustment
Worry	

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AfterDeployment.doc.mil

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Screening Card

Supporting your family

Sample Cash Flow Spending Plan

Here is a sample cash flow spending plan worksheet. To find out if your finances are on the right track, follow these steps:

1. Enter your monthly income and expenses in the **Monthly Budget column**. Multiply by 12 to calculate your annual income and expenses in the **Annual Budget column**. An expense that only occurs to happen once the amount you spend annually in the **Annual Budget column** and then divide by 12 months to calculate the monthly amount.
2. Calculate **Net Take-Home Pay** by subtracting all your **Deductions from Gross Income**.
3. Calculate **Total Net Income** by adding the **Net Take-Home Pay** to **Other Income**.
4. Calculate **Total Expenses** by adding all of your expenses. Note that savings and investments are included as an expense. It's a good idea to plan for saving in your monthly budget.
5. Calculate **Total Expense** by adding the **Total Net Income** you have to **Income - Expenses**. This is the amount you will have left over.

At the end of the year, enter the amount you actually spent on each expense in the **Actual Income/Spending** column. Subtract the amount in the **Actual Income/Spending** column from the amount in the **Monthly Budget** column to get the **Difference Budgeted - Actual** column. If you are spending more than you budgeted, you may need to adjust your budget.

	Year
INCOME	
Gross Income (enter pay before deduction)	
Deductions:	
Retirement contributions	
Health insurance	
Taxes	
Other deductions	
Net Take-Home Pay (Gross Income minus Deductions)	
Other Income	
TOTAL NET INCOME (Net Take-Home Pay plus Other Income)	
EXPENSES	
Savings and investing	
Housing	
Food	
Utilities	
Transportation	
Health care, out-of-pocket	
Travel/Entertainment	
Other expense	
TOTAL EXPENSES	
INCOME - EXPENSES	

Manage Your Financial Life

Financial matters can cause additional stress in the lives of military families. Trying to figure out right strategies to deal with the stress of budgeting, investments and other uncertainty. Did you know that Disposition about money management is one of the most common reasons for marital couples and leading couples to divorce? That's significant debt or other financial hardship is the most common reason for being security clearance in the grade. Managing your financial life is an important part of taking care of yourself and your family.

Savings Fitness: A Guide to Your Money and Your Financial Future

The U.S. Department of Labor created an online resource to help you manage and achieve your financial goals. This resource includes interactive worksheets designed to help you improve your family's financial health.

1. **Goals and Priorities Worksheet.** This worksheet helps you identify and prioritize your short-term and long-term financial goals.
2. **Financial Documents Checklist.** This checklist helps you gather the documents you will need to set up your savings, investment and other financial plans.
3. **Retirement Plan Calculator Worksheet.** This calculator sheet can be used to calculate your net worth, which is the total value of everything you own including checking and savings accounts, investments, and property less everything you owe, including credit card debt, auto or student loans, and home mortgages.
4. **Retirement Savings Worksheet.** This worksheet helps you figure out how much you need to save each month to meet your retirement goals.
5. **Cash Flow Spending Plan.** This worksheet helps you create a budget for your monthly income and expenses. It also includes a section for tracking your actual spending throughout the year to track how it differs from your plan.
6. **Debt Reduction.** This worksheet helps you plan how to prioritize and pay down your debts, including your credit card debt, auto or student loans, and home mortgage.

Start your path toward financial fitness today!

Managing Your Financial Life

RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, suicide or homicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there's no reason to live

The presence of these signs requires immediate attention.

Veterans Crisis Line

1-800-273-8255
PRESS 1

Confidential crisis chat at VeteransCrisisLine.net or text to 838255

© 12/15/VVA

Veterans Crisis Line Cards

Sesame Street for Military Families

offers a variety of creative tools and mobile apps for military families.

The **BR** app is prepared for you to use.

The **BR** app is prepared for you to use.

The **BR** app is prepared for you to use.

Resources for Military Families

As a member of a military family, you know that sometimes it can be hard to talk to your children about the challenges of military life. Fortunately, there are many resources available to help overcome these challenges and become a stronger family.

SesameStreetForMilitaryFamilies.org

Whether your family is near or far, this website can help bring you closer together with tools and tips to help your family communicate and stay connected.

Sesame Street Counter Card

Military Kids Connect

Resources for Parents, Counselors & Teachers

Information and advice to help educators work with military-connected children.

Resources for Parents, Counselors & Teachers

Information and advice to help educators work with military-connected children.

Resources for Parents, Counselors & Teachers

Information and advice to help educators work with military-connected children.

Military Kids Connect Overview Counter Card

Using the Promotional Materials

The promotional items in your kit – such as posters, wallet cards, magnets, puzzles and product cards – are intended to introduce a lighter tone to the serious topics addressed by the Family Resilience Program. These items also encourage service members and their families to engage with the many resources available on the AfterDeployment.dcoe.mil and MilitaryKidsConnect.dcoe.mil websites.



Posters



Puzzle



Magnet



Wallet Cards

Providing Feedback

In exchange for receiving these materials free of charge, we ask that program participants submit feedback about the items; this information allows T2 to improve and update materials for future kits. Once you have completed your form, you can submit it by fax, email or regular mail:

Fax: 703-712-4010

Email: Scan your completed form, then email it to mrmc.dcoe.t2-contactus@mail.mil

Mail: Mail your form to this address:

**MAXIMUS Federal Services
c/o Military Pathways
3130 Fairview Park Drive, Suite 800
Falls Church, VA 22042**



Part Three: Best Practices for Program Implementation

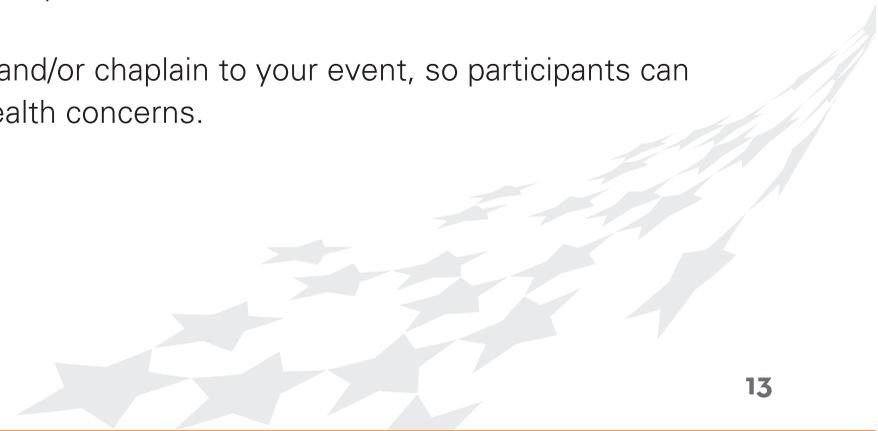
Integrating the Program With Existing Services

The items in the kit are intended to complement your existing services and resources. Here are a few tips to get you started:

- Review the promotional and educational items in the kit. Feel free to email us at mrmc.dcoe.t2-contactus@mail.mil to discuss your ideas or get further suggestions.
- Think about ongoing activities at your location where these items are welcome and useful. For example, fun promotional items like magnets or puzzles may be well received at an event where there are children.
- Use the items to draw attention to mental health and family resources that you already have in place. These items can help you start a conversation, which you can follow up with information about local resources.
- Talk to the clinicians at your installation's mental health clinic. They can provide you with information and resource materials tailored to the specific concerns of your installation. If you are a Guard or Reserve unit, you can also reach out to local TRICARE providers.
- Use the items to advertise and promote your events.

Deployment Events and Activities

Deployment events provide a way for you to connect with families under stress, and offer resources for coping. Some strategies to try:

- Introduce service members and their families to the AfterDeployment (AfterDeployment.dcoe.mil) and Military Kids Connect (MilitaryKidsConnect.dcoe.mil) websites.
 - Schedule casual gatherings, like picnics and potlucks, to introduce these resources in a non-threatening situation.
 - Invite a local mental health care provider and/or chaplain to your event, so participants can assess and discuss their psychological health concerns.
- 

Continuing Family Support Activities

While the Family Resilience Program was originally designed to support the stages of deployment, its materials are useful any time to start a conversation about psychological health, resilience and the importance of self-care. For example, placing informational posters in high-traffic areas at your installation will help normalize these subjects, making service members and family members more likely to seek help. Other ideas include:

- Bringing these materials to events like movie nights, couple nights and child-focused outings
- Displaying posters and making wallet cards and postcards available year-round
- Displaying posters where families tend to gather
- Pooling resources and collaborating with other groups and programs





Part Four: Referrals

Making a Referral

When you identify participants in need of referrals for further evaluation, there are several ways to help them:

1. **Onsite referrals.** You can give the participant a referral to a health care provider affiliated with your installation. You may also recommend local TRICARE providers, particularly if the participant does not live near an installation.
2. **Resource list.** Make a psychological health resource handout for all participants, regardless of their screening results. Refer to the section below for more information about creating a resource list.



Creating a Resource List

Prior to a screening or screening event, you should create a list of mental health providers and resources. In addition to listing provider names and the services they provide, include phone numbers, addresses, office hours, accepted insurance plans, and fee schedules. Be sure to list some providers with sliding-scale fees. If possible, contact each provider to confirm that they will accept new patients.



To help you create your list, contact information for military health care providers and recommended community resources is provided in Appendix A and B.

Appendix A: Military Health and Wellness Resource List

AfterDeployment provides educational and interactive wellness resources for the military community. It provides self-assessment tools, information about downloadable mobile apps, a peer-to-peer chat area, and articles and videos on many topics associated with post-deployment (AfterDeployment.dcoe.mil).

DCoE Outreach Center provides 24/7 consultations for service members, family members and clinicians. Services are available via phone (866-966-1020; overseas: 800-424-4685 (DSN)), email (resources@dcoeoutreach.org), or live chat (realwarriors.net/livechat).

Deployment Health Clinical Center, a center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, provides information about deployment-related health issues and health care (www.pdhealth.mil) for health care providers, service members, veterans and their families.

Military Kids Connect is a website for kids that provides interactive activities and peer-to-peer connections to support psychological health and resilience (MilitaryKidsConnect.dcoe.mil).

Military OneSource provides a 24/7 help line, resources and support to active-duty, National Guard and reserve service members and their families. In the United States, call 800-342-9647 (toll-free). If overseas, use the locator at militaryonesource.mil/help for international dialing instructions. For additional resources, visit militaryonesource.mil.

Military Crisis Line provides 24-hour, confidential suicide prevention resources to anyone experiencing emotional distress. Dial 800-273-TALK (8255) to reach the nearest local crisis center (veteranscrisisline.net).

Real Warriors Campaign encourages service members, veterans and their families to seek appropriate care and support for psychological health concerns (realwarriors.net).

For a list of **primary care providers** for your installation or unit, visit tricare.mil.

To locate a **TRICARE Regional Office or Service Center** in your area, visit tricare.mil or call:

North Region: 877-874-2273 / South Region: 800-444-5445 / West Region: 877-988-9378

Eurasia-Africa: +44-20-8762-8384 or 877-678-1207 (toll-free from United States)
Latin America/Canada: 1-215-942-8393 or 877-451-8659 (toll-free from United States)
Pacific (Singapore): +65-6339-2676 or 877-678-1208 (toll-free from United States)
Pacific (Sydney): +61-2-9273-2710 or 877-678-1209 (toll-free from United States)

TRICARE also has a website for National Guard and reserve site coordinators tricare.mil/Reserve.



Appendix B: Community and National Resource List

In addition to making referrals to military-related health resources, consider these local, regional and national options. Note that inclusion in this list does not constitute official endorsement by the Defense Department, Defense Health Agency, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, or the National Center for Telehealth & Technology.

Local:

- General hospitals with psychiatric services
- Health facilities that provide free or sliding-scale treatment
- Mental health clinics
- Pastoral counseling centers
- Private practitioners (such as marriage and family therapists)
- Self-help groups

State:

- National Association of Social Workers chapters
- Psychological/psychiatric associations

National:

- Advocacy groups (Mental Health America, National Alliance on Mental Illness, Depression and Bipolar Support Alliance)
- Suicide and crisis hotlines



FAMILY RESILIENCE KIT: TIPS FOR USE

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