Organizations Helping PTSD Veterans & Their Families

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| **Organization** | **Website** | **Phone Number** | **What They Do** |
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| PTSD Foundation of America | [www.ptsdusa.org](http://www.ptsdusa.org) | 832-912-4429 | Local Chapter – includes Camp Hope, Warrior Groups & other resources |
| Combined Arms | [www.combinedarms.us](http://www.combinedarms.us) | 888-737-3112 | Local Business – take assessment test, and they will connect you with the best in the area to help you. |
| Lone Star Veterans Association | www.lonestarveterans.org | 281-744-7972 | Local Organization that offers a variety of support services to veterans and spouses/families for free. |
| Work Life Institute  | www.worklifeinstitute.org | 713-266-2456 | Offers personal counseling, career transitioning, legal and financial counseling, work resources |
| Headstrong | getheadstrong.org |  | Cost-free, bureaucracy-free, and stigma-free treatment for the hidden wounds of war |
| Soldier For Life | Sfl-tap.army.mil | 1-800-325-4715 | Army Official transitional website. Tons of information for veterans and their family |
| Tex Vet | Texvet.org |  | TexVet is the state clearinghouse for trusted information, resources, data, technical support, and research relevant to service members, veterans, their families, and those who serve them. |
| National Center for PTSD | www.ptsd.va.gov | 800-273-8255 | Loaded with information on PTSD, counseling and other services available thru the VA  |
| Military One Source | www.militaryonesource.mil | 800-342-9647 | Free Confidential non-medical counseling 24/7 for veterans with PTSD |
| National Alliance on Mental Illness | [www.nami.org](http://www.nami.org) | 800-950-NAMI | Resources for PTSD & other mental health issues. Includes support for spouse & family |
| PTSD of America | https://ptsdusa.org/ | 832-912-4429 | Local organization with various resources such as Camp Hope and Warrior Support Groups |
| National Resource Directory | <https://nrd.gov/> |  | Great website full of tons of various support including employment, family & caregiver support, education & training and more  |
| Vets Prevail | [www.vetsprevail.org](http://www.vetsprevail.org) |  | Offers custom online programs to help you with the things you need. Talk to other vets for free. |
| Stop Soldier Suicide | stopsoldiersuicide.org | (844) 889-5610 | Works 1 on 1 with veterans and active military to find out what they need and connect them to the best resources. |
| Mil Spouse Fest | <https://milspousefest.com/> |  | Online support group for spouses of veterans. |
| We Are Here | <http://www.operationwearehere.com/> |  | Operation We Are Here is a one-stop HUB of resources for the military community and military supporters that offers: |
| The Mission Continues | missioncontinues.org | (314) 588 8805 | Serve and share peer support regularly with a team of veterans and civilians while tackling serious local issues and building stronger communities. |