



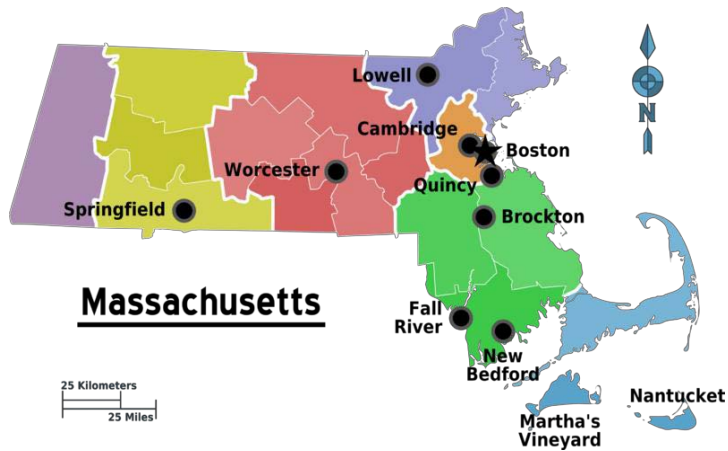
**The Resilience, Risk Reduction and
Suicide Prevention (R3SP)
Massachusetts National Guard**

STATE RESOURCE GUIDE

Table of Contents

➤ Massachusetts Regional Breakdown.....	Page 3
➤ Resources By Region.....	Page 5
➤ State Wide All Inclusive Resources.....	Page 13
➤ Domestic Violence Resources.....	Page 16
➤ Employment Resources.....	Page 17
➤ Family Resources.....	Page 18
➤ Financial Resources.....	Page 21
➤ Housing / Shelter Resources.....	Page 23
➤ Mental Health Resources.....	Page 24
➤ Mental Health: VA Hospitals.....	Page 31
➤ Post Traumatic Stress Disorder (PTSD).....	Page 39
➤ PTSD and Traumatic Brain Injury (TBI).....	Page 40
➤ TBI Resources.....	Page 41
➤ New Hampshire ARNG Resource List.....	Page 42
➤ Helpful Websites.....	Page 43
➤ Index.....	Page 48
➤ INFORMATION ON THE MANG FREE MOBILE APP.....	Page 51

Massachusetts Regions



Orange: [Greater Boston](#)

Blue: [Northeast Massachusetts](#)

Green: [Southeast Massachusetts](#)

Cyan: [Cape Cod](#)

Red: [Central Massachusetts](#)

Yellow: [Pioneer Valley](#)

Purple: [Berkshire Hills](#)

Region 1: Greater Boston

Boston, Brookline, Cambridge, Charlestown, Chelsea, Newton, Revere, Somerville, Winthrop

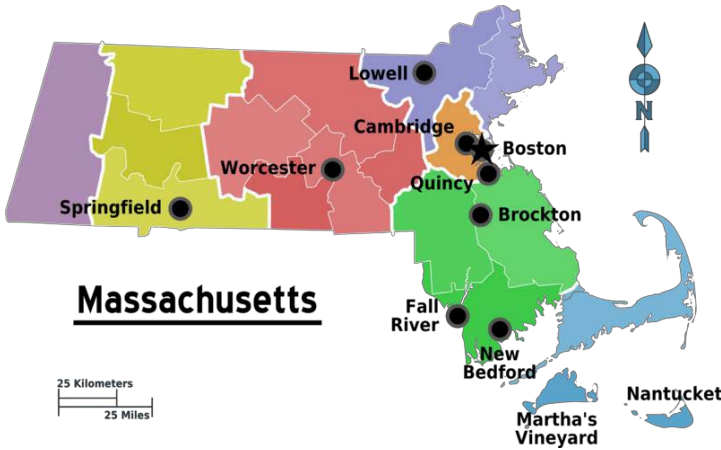
Region 2: Northeast Massachusetts

Acton, Amesbury, Andover, Arlington, Ashby, Ashland, Ayer, Bedford, Belmont, Beverly, Billerica, Boxborough, Boxford, Burlington, Carlisle, Chelmsford, Concord, Danvers, Dracut, Dunstable, Essex, Everett, Framingham, Georgetown, Gloucester, Groton, Groveland, Hamilton, Haverhill, Holliston, Hopkinton, Hudson, Ipswich, Lawrence, Lexington, Lincoln, Littleton, Lowell, Lynn, Lynnfield, Malden, Manchester-by-the-Sea, Marblehead, Marlboro, Maynard, Medford, Melrose, Merrimac, Methuen, Middleton, Nahant, Natick, Newbury, Newburyport, North Andover, North Reading, Peabody, Pepperell, Reading, Rockport, Rowley, Salem, Salisbury, Saugus, Sherborn, Shirley, Stoneham, Stow, Sudbury, Swampscott, Tewksbury, Topsfield, Townsend, Tyngsborough, Wakefield, Waltham, Watertown, Wayland, Wenham, West Newbury, Westford, Weston, Wilmington, Winchester, Woburn

Region 3: Southeast Massachusetts

Abington, Acushnet, Attleboro, Avon, Bellingham, Berkley, Braintree, Bridgewater, Brockton, Canton, Carver, Cohasset, Dartmouth, Dedham, Dighton, Dover, Duxbury, East Bridgewater, Easton, Fairhaven, Fall River, Foxborough, Franklin, Freetown, Halifax, Hanover, Hanson, Hingham, Holbrook, Hull, Kingston, Lakeville, Mansfield, Marion, Marshfield, Mattapoissett, Medfield, Medway, Middleborough, Millis, Milton, Needham, New Bedford, Norfolk, North Attleborough, Norton, Norwell, Norwood, Pembroke, Plainville, Plymouth, Plympton, Quincy, Randolph, Raynham, Rehoboth, Rochester, Rockland, Scituate, Seekonk, Sharon, Somerset, Stoughton, Swansea, Taunton, Walpole, Wareham, Wellesley, West Bridgewater, Westport, Westwood, Weymouth, Whitman, Wrentham

Massachusetts Regions



Orange: [Greater Boston](#)

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Yellow: [Pioneer Valley](#)

Purple: [Berkshire Hills](#)

Region 4: Cape Cod

Aquinnah, Barnstable, Bourne, Brewster, Chatham, Chilmark, Dennis, Eastham, Edgartown, Fallmouth, Gosnold, Harwich, Mashpee, Nantucket, Orleans, Oak Bluffs, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, Yarmouth

Region 5: Central Massachusetts

Ashburnham, Athol, Auburn, Barre, Berlin, Blackstone, Bolton, Boylston, Brookfield, Charlton, Clinton, Douglas, Dudley, East Brookfield, Fitchburg, Gardner, Grafton, Hardwick, Harvard, Holden, Hopedale, Hubbardston, Lancaster, Leicester, Leominster, Lunenburg, Mendon, Milford, Millbury, Millville, New Braintree, North Brookfield, Northborough, Northbridge, Oakham, Oxford, Paxton, Petersham, Phillipston, Princeton, Royalston, Rutland, Shrewsbury, Southborough, Southbridge, Spencer, Sterling, Sturbridge, Sutton, Templeton, Upton, Uxbridge, Warren, Webster, West Boylston, West Brookfield, Westborough, Westminster, Winchendon, Worcester

Region 6: Pioneer Valley

Agawam, Amherst, Ashfield, Belchertown, Bernardston, Blandford, Brimfield, Buckland, Charlemont, Chester, Chesterfield, Chicopee, Colrain, Conway, Cummington, Deerfield, East Longmeadow, Easthampton, Erving, Gill, Goshen, Granby, Granville, Greenfield, Hadley, Hampden, Hatfield, Hawley, Heath, Holland, Holyoke, Huntington, Leverett, Leyden, Longmeadow, Ludlow, Middlefield, Monroe, Monson, Montague, Montgomery, New Salem, Northampton, Northfield, Orange, Palmer, Pelham, Plainfield, Rowe, Russell, Shelburne, Shutesbury, South Hadley, Southampton, Southwick, Springfield, Sunderland, Tolland, Wales, Ware, Warwick, Wendell, West Springfield, Westfield, Westhampton, Whately, Wilbraham, Williamsburg, Worthington

Region 7: Berkshire Hills

Adams, Alford, Becket, Cheshire, Clarksburg, Dalton, Egremont, Florida, Great Barrington, Hancock, Hinsdale, Lanesborough, Lee, Lenox, Monterey, Mount Washington, New Ashford, New Marlborough, North Adams, Otis, Peru, Pittsfield, Richmond, Sandisfield, Savoy, Sheffield, Stockbridge, Tyringham, Washington, West Stockbridge, Williamstown, Windsor

Resources by Region

Region 1: Greater Boston Area

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP
- Mass Fallen Heroes

Domestic Violence

- Sexual Assault Helpline

Employment

- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families

- Family Assistance Center (FAC)
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military One Source
- Guard Support

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- New England Center for Homeless Vets*
- New England Outreach Center

Mental Health

- Give an Hour
- Military One Source

Mental Health: VA Hospitals

- VA Boston Healthcare System*
- Boston Vet Center*
- Causeway (Boston) Community Based Outpatient Center* (CBOC)

PTSD & TBI

- Home Base Program*
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

Resources by Region

Region 2: Northeast Massachusetts

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence

- Sexual Assault Helpline

Employment

- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families

- Family Assistance Center (FAC)
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military One Source
- Guard Support

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- Veterans Inc.

Mental Health

- Give an Hour
- Military One Source
- Veterans Northeast Outreach Center* Mental Health: VA Hospitals
- Edith Nourse Rogers Memorial Veterans Hospital*
- Lowell Vet Center*
- Gloucester Community Based Outpatient Center* (CBOC)
- Haverhill Community Based Outpatient Center* (CBOC)
- Lowell Community Based Outpatient Center* (CBOC)
- Lynn Community Based Outpatient Center* (CBOC)

PTSD & TBI

- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

Resources by Region

Region 3: Southeast Massachusetts

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence

- Sexual Assault Hotline

Employment

- Employment support of the Guard and Reserve (ESGR)
- Hero To Hired (H2H)

Families

- Guard Support
- Family Assistance Center (FAC)
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military One Source

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- Veterans Inc.

Mental Health

- Give an Hour
- Military One Source
- Mental Health: VA Hospitals
- Providence VA Medical Center*
- Brockton Vet Center*
- New Bedford Vet Center*
- New Bedford Community Based Outpatient Center* (CBOC)

PTSD & TBI

- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)
- Home Base Program*

Resources by Region

Region 4: Cape Cod

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence

- Sexual Assault Helpline

Employment

- Employment Support of the Guard and Reserve (ESGR)

Families

- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military One Source
- Guard Support

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- Veterans Inc.

Mental Health

- Give an Hour
- Military One Source

Mental Health: VA Hospitals

- Providence VA Medical Center*
- Hyannis Vet Center*
- Hyannis Community Based Outpatient Center* (CBOC)

PTSD & TBI

- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

Resources by Region

Region 5: Central Massachusetts

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence

- Sexual Assault Helpline

Employment

- Employment Support of the Guard and Reserve (ESGR)

Families

- Project New Hope*
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military Family Life Consultant (MFLC)
- Family Assistance Center (FAC)
- Guard Support
- Military One Source

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- Veterans Inc.
- Northeast Veteran Training & Rehabilitation Center

Mental Health

- Give an Hour
- Military One Source

Mental Health: VA Hospitals

- VA Boston Healthcare System*
- Worcester Vet Center*
- Fitchburg Community Based Outpatient Center* (CBOC)
- Worcester Community Based Outpatient Center* (CBOC)

PTSD/TBI

- The Onsite Academy
- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

Resources by Region

Region 6: Pioneer Valley

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP

Domestic Violence

- Sexual assault Helpline

Employment

- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families

- Military One Source
- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Military Family Life Consultant (MFLC)
- Family Assistance Center (FAC)
- Guard Support

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- Veterans Inc.

Mental Health

- Give an Hour
- Military One Source

Mental Health: VA Hospitals

- VA Central Western Massachusetts Healthcare System*
- Springfield Vet Center*
- Greenfield Community Based Outpatient Center* (CBOC)
- Springfield Community Based Outpatient Center* (CBOC)

PTSD & TBI

- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

Resources by Region

Region 7: Berkshire Hills

All Inclusive Resources

- S.A.V.E Team
- New England Outreach Center
- MCSP
- Soldier On

Domestic Violence

- Sexual Assault Helpline

Employment

- Employment Support of the Guard and Reserve (ESGR)
- Hero To Hire (H2H)

Families

- Strength at Home*
- Tragedy Assistance Program for Survivors (T.A.P.S.)
- Guard Support
- Military One Source

Financial

- Guard Support
- Military Friends Foundation

Housing / Shelter

- Veterans Inc.

Mental Health

- Give an Hour
- Military One Source

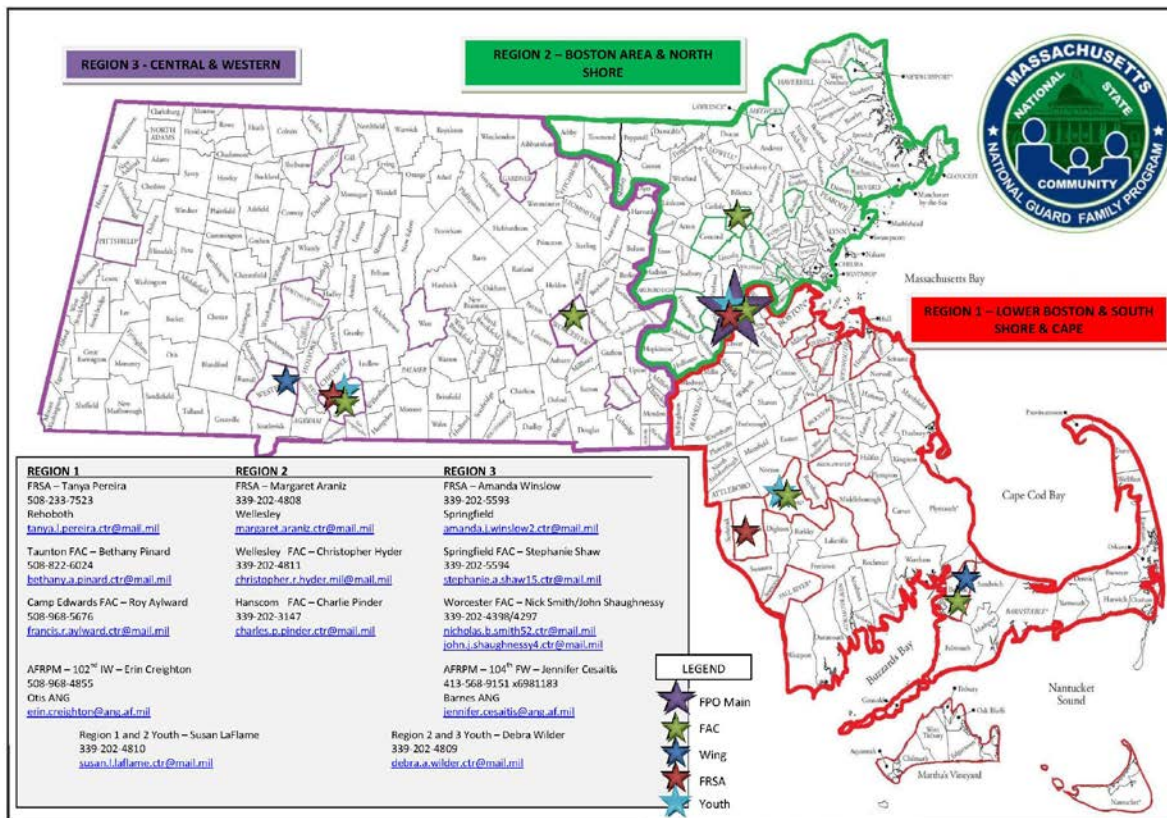
Mental Health: VA Hospitals

- VA Central Western Massachusetts Healthcare System*
- Pittsfield Community Based Outpatient Center* (CBOC)

PTSD & TBI

- VA Hospitals, Vet Centers, and Community Based Outpatient Centers* (CBOC)

Regional Realignment Map



All Inclusive Resources

Massachusetts Coalition for Suicide Prevention

Suicide Prevention Life Line at 1-800-273-TALK (8255) and press 1.

The Massachusetts Coalition for Suicide Prevention (MCSP) is a broad based inclusive alliance of suicide prevention advocates, including public and private agency representatives, policy makers, suicide survivors, mental health and public health consumers and providers and concerned citizens committed to working together to reduce the incidence of self-harm and suicide in the Commonwealth.

From its inception, the Coalition has been a public / private partnership, involving government agencies such as the Department of Public Health and Department of Mental Health working in partnership with community based agencies and interested individuals.

The mission of the MCSP is to prevent suicide through state-wide collaboration and advocacy. Accordingly, we are truly a community based group comprised of suicide prevention advocates. Our membership includes public and private agency representatives, non-profit organizations, policy makers, survivors of suicide loss, attempt survivors, mental health clinicians and other health care providers, law enforcement, mental health and public health consumers, and concerned citizens committed to working together to reduce the incidence of self-harm and suicide in Massachusetts.

MCSP encourages your involvement. We firmly believe that suicide prevention and postvention activities, and educating the public require collaboration

S.A.V.E Team

Statewide

Department Of Veterans services
Phone Number: 617-210-5743
Address: 600 Washington street 7th floor, Boston Ma, 02111
Email: Save@massmail.state.ma.us
rsaucier@massmil.state.ma.us

Additional offices:

Chelsea- Chelsea Soldiers' Home
91 Crest Avenue Building D
Chelsea, Ma 02150

Holyoke- Holyoke Soldiers' Home
110 Cherry Street Office #065
Holyoke, Ma 01040

Description: The fundamental principle of the SAVE program is to advocate for veterans who are not able to obtain the benefits they have earned due to institutional or personal barriers. The program's primary mission is prevention of suicide and mental health distress through the identification of issues facing veterans when they return from service and proactively providing them with access to benefits and services that may address these issues and result in positive transitions back to civilian life. SAVE acts as a liaison between veterans and their families and the various agencies within the federal and state governments.

The SAVE team works closely, and in collaboration, with the Massachusetts National Guard. Resources offered by the Massachusetts National Guard and their Family Readiness Program are available to all service members and their families, regardless of the branch in which they serve.

Soldier On

Pittsfield

Phone Number: 413 236-5644
Address: 360 West Housatonic Street, Pittsfield, MA 01201
Fax: 413 236-2912
Email: info@wesoldieron.org
www.wesoldieron.org

Soldier On is a nationally recognized non-profit organization governed by a full-time President/CEO and a volunteer Board of Directors. We work in partnership with the Department of Veterans Affairs and other agencies to provide veterans with shelter and support in an environment that offers a continuum of care that includes immediate and long-term housing with services delivered where they live, Soldier On's ultimate goal is to provide formerly homeless veterans with permeant, supportive, sustainable housing – assisting them in their transition from homelessness to homeownership.

All Inclusive Resources

Veterans Northeast Outreach Center

Statewide

Jessica Hall

Email: jhall@veteransbenefits.us

Phone: 978-372-3626

Fax: 978-372-5197

Address: 10 Reed St., Haverhill, MA 01830

Website:

www.NortheastVeterans.org

Email: vetreach@northeastveterans.org

D.Mullen@northeastveterans.org

Hours of Operation

Outreach Center Hours:

Monday – Friday 9:00 am – 9:00 pm

Client Office Hours: Monday – Friday 9:00 am – 3:00 pm

Administrative Office Hours: (Office closed to clients) Monday – Friday 3:00 pm – 4:00 pm

Food Pantry Hours: Tuesday and Thursday 10:00 am – 2:00 pm (Evenings by appointment)

Description: We provide a continuum of care to Veterans, their families, from the very basic food and shelter needs to advocacy, information, referral, career, and education services.

The Veterans Mansion is a substance-free transitional housing program serving Veterans in Haverhill and the Merrimack Valley. Located at 65 Cedar Street, Haverhill.

Veterans Campus Residential Program offers 25 transitional housing units at the Veterans Campus in the Mt. Washington neighborhood section of Haverhill. Here, Veterans receive case management and ongoing support as they transition from homelessness to independent living.

Massachusetts Fallen Heroes

Boston

100 Hallet Street

Boston, MA 02124

617 326-6042

info@massfallenheroes.org

Mass Fallen Heroes acts as a liaison in acquiring educational, employment, medical, legal financial and numerous additional services to local military veterans, their families and families of the fallen.

Domestic Violence Resources

Sexual Assault Helpline

Nationwide

Phone Number: 877-995-5247 Nationwide or 508-889-6644 Statewide

Address: 2 Randolph Road, Hanscom AFB, MA 01731

Website: www.safehelpline.org

Description:

DoD Safe Helpline is a crisis support service for adult Service Members of the DoD Community affected by sexual assault. Safe Helpline provides live, one-on-one expert advice and confidential support

Many victims of sexual assault stay silent, believing nothing will be done if they come forward, fearing ridicule, gossip, exclusion, and even damage to their military careers. But if you've been sexually assaulted, it's important to act quickly. Seeking help and speaking out is the best way to ensure you receive the help you need to heal from the incident and prevent another incident from happening to someone else. Victims of Sexual Assault can report an incident and decide (if no one else knows about the incident) to just receive services and may not initiate an investigation.

Massachusetts National Guard SARC Helpline

Statewide

Phone: 508 889 6644

Web: www.SafeHelpline.org

Joint Force Headquarters

Phone: 774-286-1164

Phone: 774-286-9474

Employment Resources

ESGR: Employer Support of the Guard and Reserve

Nationwide / Statewide

Phone Number: 339 202-4816

Address: JFHQ 2 Randolph Rd, Hanscom AFB, MA, 01731

Website: www.esgr.mil

Description:

Employer Support of the Guard and Reserve, ESGR, is a Department of Defense Volunteer organization. We provide free education, Consultation, and if necessary mediation for employers of Guard and Reserve employees. Employment Support of the Guard and Reserve (ESGR)'s goal is to support America's employers who share their employees with the nation to ensure our national security

Family Resources

Tragedy Assistance Program for Survivors (T.A.P.S.)

Nationwide

Phone Number: 800-959-TAPS (8277)

Main Telephone Number: 202-588-TAPS (8277) TAPS Programs: 202-588-TAPS (8277)

FAX Number: 202-509-8282

Address: National Headquarters, 3033 Wilson Blvd. Suite 630, Arlington, VA, 22201

Website: www.TAPS.org Email: info@taps.org

Director: Kim@taps.org

Description:

Caring for the families of the fallen...

TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

- Crisis Intervention - network of trained crisis response professionals who are on call 24 hours a day, seven days a week.

Call us at 1-800-959-8277. We are here for you!

- Casualty / Case Work Assistance - If you have questions, from benefits, to burial, to resources; TAPS can assist you in finding answers. Our toll free number (1-800-959-8277) is a good starting point to share your questions.

- Survivor Seminars - Each event provides an opportunity to join together with survivors for a powerful time of support, care and hope! These conferences provide you with a wealth of information, resources and personal contact with fellow survivors in a spirit of friendship and understanding.

Military One Source

Nationwide

Phone: 1-800-342-9647

Address: 17 Court Street, Boston, MA 02108

Website: www.MilitaryOneSource.com

Description:

Military OneSource is provided by the U.S. Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families.

Offering resources, referrals, consultations and counseling services on the issues that concern military families. Services are offered in person, by telephone or online.

Counseling services come in groups of up to twelve sessions per issue at no cost_

Specialty consultations on issues such as education, special needs, and money management

Family Resources

Strength at Home*

Statewide

Phone: 857-364-4173

Email: StrengthAtHomeOutreach@gmail.com

Description:

The mission of the *Strength At Home* programs is to advance the clinical care of America's veterans and service members through the research, development, and dissemination of evidence based treatments for stress-related disorders.

The *Strength At Home* programs are relationship strengthening programs for veterans, service members and their families who are struggling with conflict, anger, and readjustment after a deployment. Boston University, and other academic and clinical institutions serving military members and their families. Our team leaders are experts in couple's treatment, anger treatment, as well as trauma and recovery.

Shoulder to Shoulder

Phone number: 781-693-1206

Website: www.jfcsboston.org/shouldertoshoulder

Email: shouldertoshoulder@jfcsboston.org

Description: Shoulder to Shoulder is a family-centered, peer-to-peer program, supporting families faced with the unique challenges that accompany military service. Through private conversations that provide support and encouragement, our volunteers can help identify families' strengths and improve their resiliency. Trained by Shoulder to Shoulder, volunteers are veterans, spouses, parents, and other military-connected community members who understand the pressures that accompany military family life.

What to expect:

- Weekly in home visits up to a year
- Free service available to Active Duty, National Guard, Reserve, and Veteran service members and their families, regardless of income, economic circumstances, religion, or age.
- Discharge status is not a barrier
- No insurance billing
- Privacy protected; info not shared with outside agencies including VA, DoD

Specific services include:

- Support for parental concerns and the impact of military life on the family
- A compassionate presence and non-judgmental listener
- Helping to access informal and formal supports including:
 - Access to other programs for support, intervention, financial and material resources
 - Access to community supports as needed including housing, education, employment,
 - Referrals for therapeutic support for any family member as needed

Family Resources

Project New Hope*

Region 5: Central Massachusetts

Address: 70 James Street, Suite 153A
Worcester MA 01603
Website: www.ProjectNewHopeMA.org

Description:
Project New Hope exists to provide veteran retreats. Including the whole family (even the kids!) is unique to Project New Hope and fosters family togetherness through a wilderness getaway.

It is our goal to provide veterans (singles, couples, and families) with the education, training, and skills necessary to manage their lives after wartime service: repair of relationships is a primary goal. *And of course, have fun in the process!*

NO COST TO PARTICIPANTS.

There is no cost to the families on the retreat.

President - BILL MOORE - 508-713-3362 - bmoore01@charter.net

Family Assistance Centers

Statewide

Region 1: Wellesley Armory Phone: 339-202-4811

Region 2: Camp Edwards: 508-968-5676

Region 3: Taunton Armory Phone: 508-822-6024

Region 4: 102nd Fighter Wing Phone: 508- 968-4855

Region 5: Worcester Armory Phone: 339-202-4297/ 339-202-4398

Region 6: Springfield Armory Phone: 339-202-5594

Region 6: 104th Fighter Wing Phone: 413-568-9151

Financial Resources

Guard Support

Statewide

Phone: 617-848-8868

Address: P.O. Box 5225 Beverly, MA 01915

Website: www.guardsupport.org

- You will need to go through FAC – GS will not accept applications directly

Description:

Emergency Financial relief Grants for families that face emergency needs when a loved one is deployed, or about to be deployed, we can provide some immediate help. Guard Support provides emergency financial relief through the State Family Program Office or the Family Assistance center Coordinator.

Examples of qualifying Needs Include:

- Child Care or Elder Care
- Utilities (heat, water, gas, and electric)
- Funeral expenses
- Housing (rent or mortgage to avoid eviction or foreclosure)
- Medical insurance co-pay
- Emergency travel expenses related to serious illness, injury, or death
- Vehicle payment (to prevent repossession)

Other types of need may qualify. Emergency Financial Relief Grants do not exceed \$500.00, except in unusual circumstances. Approved grant disbursements are paid directly to third-party payees.

Military Friends Foundation

Statewide

Sarah Keller-Likens

Phone: 1-844-357-8387 / 1-84-HELP-VETS

Address: 14 Beacon Street, Suite 706 Boston, MA, 02108

Website: www.militaryfriends.org

Description:

Created as an independent non-profit organization, the Military Friend Foundation is designed to assist eligible Massachusetts National Guard and Reserve families facing financial hardships related to a deployment or extended activation.

Veteran Homestead, Inc.

Veteran Homestead, Inc.
69 High Street, Fitchburg MA 01440
O: (978) 353-0234
Alt.: (978) 342-5714
Lisa Corbett
Outreach Coordinator
lisa@veteranhomestead.org
Semper Fi

Veteran Homestead Inc. with six unique locations in Central Massachusetts, N.H. and P.R. is an independent non-profit solution for the medical, psychological and spiritual care veterans require. No Veteran should be discarded and neither should their experience. VHI facilities are designed to provide a safe haven for wounded warriors to regain dignity. Additional services include support with medical, housing, financial, educational & counseling needs. For more information visit our website at www.veteranhomestead.org

Housing/Shelter Resources

Northeast Veteran Training & Rehabilitation Center

Statewide

Development Director: Jennifer
Phone: 978-353-0234
978-632-1271
Web: veteranhomestead.org

Description:
Located in Gardener, Massachusetts,

New England Center for Homeless Vets*

Region 1 : Greater Boston

Phone: 617-371-1800
Fax: 617-371-1771
Address: 17 Court Street, Boston, MA 02108
Website: www.NECHV.org Email: info@nechv.org

Description:
The New England Center for Homeless Veterans welcomes all homeless veterans who have an honorable or general under honorable military discharge, from all wars and conflicts, including peacetime.

The New England Shelter for Homeless Veterans- Our substance-free shelter is open 7 days a week, 24 hours a day, serving our men and women veterans.

Programs and Supportive Services - Each veteran is given a thorough assessment and evaluation. Residents receive individual counseling and on-site assistance to deal with PTSD, substance abuse, emotional and family problems. Clients are assigned a case manager. An emergency health care clinic is located on-site. Our clinic offers medical, dental and optical services. Financial counseling and legal services are also provided to clients.

Transitional Housing- Clients must either be working or enrolled in a training or educational program to enter this component. The program's focus concentrates on financial management and the search for permanent housing.

Single Room Occupancy Units - There are 59 project-based single room occupancy (SRO) permanent units housed within the John Joseph Moakley Veterans Quarters located at the shelter.

Veterans Training School

The goal of the Veterans Training School and Institute is to significantly reduce unemployment through a comprehensive vocational training program leading to full employment.

Mental Health Resources

Give an Hour

Nationwide

Website: www.GiveAnHour.org Email: info@GiveAnHour.org

Description:

Our mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. Our first target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan, Iraq, and supporting areas. Give an Hour is asking mental health professionals nationwide to literally donate an hour of their time each week to provide free mental health services to military personnel and their families.

Military One Source

Nationwide

Phone: 1-800-342-9647

Address: 17 Court Street, Boston, MA 02108 Website: www.MilitaryOneSource.com

Description:

Military OneSource is provided by the U.S. Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families.

Offering resources, referrals, consultations and counseling services on the issues that concern military families. Services are offered in person, by telephone or online.

Counseling services come in groups of up to twelve sessions per issue at no cost.

Specialty consultations on issues such as education, special needs, and money management.

There and Back Again*

Region 1: Greater Boston

Phone: (800) 311-0187

Address: 191 Main Street, Charlestown, MA 02129

Website: www.ThereandBack-Again.org

Description:

Mission: There & Back again is a non-profit reintegration program offered at no cost to veterans of all branches of the U.S. Armed Forces. TABA offers a structured program of yoga, meditation and alternative approaches to healing the whole body to help veterans transition back to their lives stateside.

These programs include Veteran Services, Consulting Services, Training Services and Commander Programs: Wellness Reintegration Program; Holistic Clinics; Educational Workshops; Wellness Fairs; Retreats; and Train the Trainer programs.

Mental Health Resources

Shoulder to Shoulder

Phone number: 781-693-1206

Website: www.jfcsboston.org/shouldertoshoulder

Email: shouldertoshoulder@jfcsboston.org

Description: Shoulder to Shoulder is a family-centered, peer-to-peer program, supporting families faced with the unique challenges that accompany military service. Through private conversations that provide support and encouragement, our volunteers can help identify families' strengths and improve their resiliency. Trained by Shoulder to Shoulder, volunteers are veterans, spouses, parents, and other military-connected community members who understand the pressures that accompany military family life.

What to expect:

- Weekly in home visits up to a year
- Free service available to Active Duty, National Guard, Reserve, and Veteran service members and their families, regardless of income, economic circumstances, religion, or age.
- Discharge status is not a barrier
- No insurance billing
- Privacy protected; info not shared with outside agencies including VA, DoD

Specific services include:

- Support for parental concerns and the impact of military life on the family
- A compassionate presence and non-judgmental listener
- Helping to access informal and formal supports including:
 - Access to other programs for support, intervention, financial and material resources
 - Access to community supports as needed including housing, education, employment,
 - Referrals for therapeutic support for any family member as needed

Strength at Home*

Statewide

Phone: 857-364-4173

Web: Strengthathome.com

Email: StrengthAtHomeOutreach@gmail.com

Description:

The mission of the *Strength At Home* programs is to advance the clinical care of America's veterans and service members through the research, development, and dissemination of evidence based treatments for stress-related disorders.

• The *Strength At Home* programs are relationship strengthening programs for veterans, service members and their families who are struggling with conflict, anger, and readjustment after a deployment.

Boston University, and other academic and clinical institutions serving military members and their families. Our team leaders are experts in couple's treatment, anger treatment, as well as trauma and recovery.

Mental Health Resources

New England Center for Homeless Veterans*

Region 1: Greater Boston

Phone: 617-371-1800

Fax: 617-371-1771

Address: 17 Court Street, Boston, MA 02108 Website: www.NECHV.org

Email: info@nechv.org

Description:

The New England Center for Homeless Veterans welcomes all homeless veterans who have an honorable or general under honorable military discharge, from all wars and conflicts, including peacetime.

- Homeless Shelters and Service (see Housing/Shelter Resources)
- Addictions Services Program- for those veterans suffering with substance dependence, we have a six-month intensive Addictions Services Program.
- Project Access-This highly specialized, dual diagnosis program, addresses mental health issues and addictions. Clinical case managers provide supportive counseling and all of the case management services listed above. The goals are mental health stabilization and maintaining sobriety while working towards permanent housing.
- Special needs programs- We have two special needs programs, which are collaborations between NECHV and the Veterans Administration. Our Senior Services Program provides specialized services for our veteran population age 65 and older. Our Bridges Program provides clinical case management and two years of intensive follow up services to our veterans with chronic and persistent mental illness.
- Stay-In Program - We provide rehabilitative activities and additional support for those veterans who have severe medical conditions and physical or psychological disabilities. Recreational activities are planned through this program, and are open to all Center residents.

Mental Health Resources

Riverside Trauma Care

Region 2: Southeast Massachusetts

Phone: 781-329-0909

Address: 450 Washington Street, Dedham, MA 02026

Website: www.Riversidecc.org

Larry Berkowitz

781 433-0672

lberkowitz@riversidecc.org

Description: Adults who contact us for services have a wide range of needs and goals. No matter what the presenting challenge is, we develop a thoughtful plan together with the individual and others who may be helpful. In some instances, we work with the individual for a short time. In other situations, we provide ongoing services that allow the person to continue living in his or her own community with varying levels of support for an extended period of time.

Mental Health Resources

VA Boston Healthcare System*

Region1: Greater Boston Brockton Division

Phone: 508-583-4500 o r 8 0 0 -865-3384

Director: Erin Daley 857-364-2472

Address: 940 Belmont Street, Brockton, MA 02301

Jamaica Plain Division

Phone: 617-232-9500 o r 8 0 0 -865-3384

Address: 150 S. Huntington Avenue, Boston, MA 02130

West Roxbury Division

Phone: 617-323-7700 o r 8 0 0 -865-3384

Address: 1400 VFW Parkway, West Roxbury, MA 02132

Description:

Outpatient Treatment is available to veterans with any mental health concern, such as; alcohol and drug abuse, post-traumatic stress disorder (PTSD), depression or sadness, anxiety, schizophrenia or manic depressive illness. In addition, specialized programs are available for returning veterans and for women veterans.

Inpatient care is available for veterans in need of intensive treatment.

Residential/transitional programs provide temporary housing to veterans while offering treatments for a wide range of mental health concerns including substance abuse, as well as job training.

Veterans in need of **emergency assistance** can call:

Veterans Crisis Line at 1-800-273-TALK (8255).

During normal business hours, veterans can also be evaluated urgently at:

- Jamaica Plain Urgent Care Clinic **857-364-5250**
- Brockton Urgent Care Clinic **774-826-2318**
- West Roxbury ED **857-203-5425** or **857-203-5426**
- For **non-urgent** matters, please call one of the following Mental Health numbers so that we may assist you:

Jamaica Plain: 857-364-4109 or 857-364-4815

Brockton: 774-826-1778 or 774-826-2325

Mental Health Resources

Edith Nourse Rogers Memorial Veterans Hospital*

Region2: Northeast Massachusetts

Phone Number: 781-687-2000 or 800-838-6331

Address: 200 Springs Road, Bedford, MA 01730

Description:

Mental Health Emergencies:

If you are having a Mental Health **Emergency**, or are calling about a veteran who is, PLEASE CALL TO DESCRIBE THE PROBLEM AND GET ADVICE. CALL YOUR CASE MANAGER OR OTHER EMERGENCY CONTACT. IF NONE, CALL:

MENTAL HEALTH HOTLINE

- **Days: (781) 687-2347**
 - **Evenings, Weekends and Holidays: (781) 687-2275**
- Say "This is an emergency". Don't hang up until you get advice.

Samaritan's Phone Numbers:

- Boston - (617) 247-0220
- Framingham - (508) 875-4500
- Methuen - (978) 688-6607
- Keene, NH - (603) 357-5505

Mental Health Services at Bedford VA and its satellite clinics at Haverhill, Fitchburg, Gloucester, and Lynn are available to treat veterans in the community with many different Mental Health needs. All new patients have their needs assessed in an evaluation, and treatment is planned under a psychiatrist's direction. Individual and group psychotherapy, as well as medication and other specialty treatments, are available depending on the assessment.

Mental Health Clinic

Clinic services include: Mental Health Evaluations and Psychological Testing; Individual, Group, Couples, and Family Therapy; Medication Therapy; Greif and Loss Therapy; Gambling Assessment; Insomnia Evaluation; and PTSD (Post Traumatic Stress Disorder) Counseling.

Mental Health Resources

VA Central Western Massachusetts Healthcare System*

Region 6: Pioneer Valley

Phone: 413-584-4040 or 1-800-893-1522

Address: 421 North Main Street, Leeds, MA 01053

Description:

The mental health service at VAMC Northampton provides consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being.

Treatment is offered in both the inpatient and outpatient settings.

Inpatient treatment includes an acute psychiatric treatment ward, a transitional care unit and a PTSD unit.

Outpatient services include individual counseling and walk-in psychiatric services in the Primary Care Mental Health Clinic.

Mental Health- VA Hospital Resources

Boston Vet Center*

Region1: Greater Boston

Phone Number: 617-424-0665 or 877-927-8387

Fax: 617-261-3547

Address: 7 Dry dock Ave. Suite 2070, Boston, MA, 02210-2303

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

Brockton Vet Center*

Region 3: Southeast Massachusetts

Phone Number: 508-580-2730 Or 877-927-8387

Fax: 508-586-8414

Address: 1041L Pearl St., Brockton, MA 02301

Website:

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

Hyannis Vet Center*

Region 4: Cape Cod

Phone Number: 508-778-0124 Or 877-927-8387

Fax: 508-775-3014

Address: 474 West Main Street, Hyannis, MA 02601 Website:

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

Mental Health- VA Hospital Resources

Lowell Vet Center*

Region 2: Northeast Massachusetts

Phone Number: 978-453-1151 or 877-927-8387

Fax: 978-441-1271

Address: Gateway Center, 10 George Street., Lowell, MA 01852

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

New Bedford Vet Center*

Region 3: Southeast Massachusetts

Phone Number: 508-999-6920 or 877-927-8387

Fax: 508-997-3348

Address: 73 Huttleton Ave., Unit 2, Fairhaven, MA 02719

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

Springfield Vet Center*

Region 6: Pioneer Valley

Phone Number: 413-737-5167 or 877-927-8387

Fax: 413-733-0537

Address: Northgate Plaza, 95 Ashley Avenue, Suite A, West Springfield, MA 01103

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

Worcester Vet Center*

Region 5: Central Massachusetts

Phone Number: 508-753-7902 or 877-927-8387

Fax: 508-753-4296

Address: 691 Grafton Street, Worcester, MA 01604

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

Mental Health- VA Hospital Resources

**Causeway Street (Boston) Community
Based Outpatient Clinic***

Region 1: Greater Boston

Phone Number: (617) 248-1000 or (617) 248-1470
Fax: (617) 248-1282
Address: 251 Causeway Street, Boston, MA 02114

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.

Services available at Causeway St.

- Primary Care
- Mental Health
- Optometry
- Laboratory Blood Drawing
- Pharmacy
- Podiatry

We also provide on-site eligibility meetings and means testing on Monday, Tuesday, Thursday, and Friday.

Eligibility phone number: 617-248-1218 Shuttle service

VA Boston offers free shuttle service between the Causeway St. clinic and our Jamaica Plain campus.

**Fitchburg Community-Based
Outpatient Clinic (CBOC)***

Region 5: Central Massachusetts

Phone Number: 978-342-9781
Fax: (978) 342-9521
Address: Burbank Hospital, 275 Nichols Road, Fitchburg, MA 01420

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.

SERVICES PROVIDED:

- Primary Care
- Mental Health Services
- Lab Blood Drawing

Mental Health- VA Hospital Resources

Gloucester Community Based Outpatient Clinic*

Region 2: Northeast Massachusetts

Phone: 978-282-0676

Fax: (978) 282-3497

Address: Addison Gilbert Hospital, 298 Washington Street Gloucester, MA 01930

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

SERVICES PROVIDED:

- Primary Care
- Mental Health Services
- Lab Blood Drawing

For Mental Health services by scheduled appointment, you may call 781-687-2363

For Urgent care, after hours call 781-275-7500.

Prescription information is available by calling 1-800-838-6331.

Greenfield Community-Based Outpatient Clinic (CBOC)*

Region 6: Pioneer Valley

Phone: (413) 773-8428 or 800-893-1522

Fax: 413-773-8435

Address: VA Outpatient Clinic, 143 Munson Street, Greenfield, MA 01301

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday.

SERVICES PROVIDED:

Medical Services - Primary medical services; treatment of chronic and non-emergency medical conditions and immunizations.

Mental Health Services – Mental Health treatment including diagnostic evaluation; psychotherapy services; referral to community resources and to inpatient treatment. PTSD, as well as general mental health outpatient services are available to veterans returning from Afghanistan and Iraq.

Mental Health- VA Hospital Resources

**Haverhill Community Based
Outpatient Clinic***

Region 2: Northeast Massachusetts

Phone: 978-372-5207
Fax: (978) 372-5089
Address: 108 Merrimack St., Haverhill, MA 01830

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday. SERVICES PROVIDED:

- Primary Care
- Mental Health Service
- Lab Blood Drawing

**Hyannis Community-Based
Outpatient Clinic (CBOC)***

Region 4: Cape Cod

Phone: (508) 771-3190
Fax: (508) 771-0940
Address: 233 Stevens Street, Hyannis, MA 02601-3766

Description:
Normal working hours are 7:30am to 4:00pm Monday through Friday. SERVICES PROVIDED:

- Primary Health Care
- Mental Health Services - Are available Monday through Friday and include a social worker, psychiatrist and psychologist that provide psychosocial evaluations, individual, group and family counseling, substance abuse counseling and HIV pre- and post- testing counseling.
- Laboratory
- Pharmacy
- Radiology

Mental Health- VA Hospital Resources

**Lowell Community Based
Outpatient Clinic***

Region 2: Northeast Massachusetts

Phone: (978) 671-9000
Fax: (978) 671-9149
Address: 130 Marshall Road, Lowell, MA 01852

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.
SERVICES PROVIDED:

Diabetes Education Program
Primary Care
Mental Health
Optometry
Neurology
Podiatry
Laboratory Blood Drawing
Physical Therapy
Radiology
Nutrition Counseling
Pharmacy
Women's Health

**Lynn Community-Based
Outpatient Clinic (CBOC)***

Region: Northeast Massachusetts

Phone: 781-595-9818
Fax: (781) 596-2036
Address: 225 Boston Street, Suite 107, Lynn, MA 01904

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday.
SERVICES PROVIDED:

Primary Care
Mental Health Services by scheduled appointment (Thursdays and some Wednesdays and Fridays)
Lab Blood Drawn

Mental Health- VA Hospital Resources

**New Bedford Community
Based Outpatient Clinic***

Region 3: Southeast Massachusetts

Phone: (508) 994-0217
Fax: (508) 994-5489
Address: 174 Elm Street, New Bedford, MA 02740

Description:
Normal working hours are 7:30am to 4:00pm Monday through Friday. **SERVICES PROVIDED:**
Primary Health Care

Mental Health Services - Social workers and mental health providers provide psychosocial evaluations, individual, group and family counseling, substance abuse and counseling. They will also help you access community resources.

Nutrition Clinic
Pharmacy
VA Benefits Information
Specialty Clinics - Clinics in Neurology, Audiology, and Podiatry

**Pittsfield Community-Based
Outpatient Clinic (CBOC)***

Region 7: Berkshire Hills

Phone: (413) 499-2672
Address: VA Outpatient Clinic, 73 Eagle Street, Pittsfield, MA 01201

Description:
Normal working hours are 8:00am to 4:30pm Monday through Friday. **SERVICES PROVIDED:**

Medical Services - Primary medical services; treatment of chronic and non-emergency medical conditions; and immunizations.

Mental Health Services - Mental health treatment including diagnostic evaluation: individual, group and family psycho-therapy; referral to community resources and inpatient treatment. PTSD, as well as general mental health outpatient services, available to veterans returning from Afghanistan and Iraq.

Mental Health- VA Hospital Resources

**Springfield Community Based
Outpatient Clinic***

Region 6: Pioneer Valley

Phone: (413) 584-4040 o r 8 0 0 -893-1522

Address: VA Outpatient Clinic, 25 Bond Street, Springfield, MA 01104

Description:

Normal working hours are 8:00am to 4:30pm Monday through Friday. SERVICES PROVIDED:

- Medical Services
- Specialty Clinics - Dermatology, Urology, Orthopedics, Women's Health Services, Neurology, Nutrition, Respiratory Clinic, and Home Based Primary Care.
- Mental Health Services - Mental health treatment including diagnostic evaluation; individual, group and family psycho-therapy; referral to community resources and to inpatient treatment. PTSD, substance abuse, as well as general mental health outpatient services available to veterans returning from Afghanistan and Iraq.

**Worcester Community-Based
Outpatient Clinic (CBOC)***

Region 5: Central Massachusetts

Phone: (508) 856-0104

Fax: (508) 856-7425

Address: 605 Lincoln Street, Worcester, MA 01605

Description:

Normal working hours are 8:00am to 4:00pm Monday through Friday. SERVICES PROVIDED:

Primary Care and Preventive Health

Specialty Services: Optometry, Cardiology, Neurology, Podiatry, Dermatology, Rheumatology, Rehabilitation Medicine, Nutrition Counseling, Geriatrics

Mental Health

Laboratory Test

Physical Therapy

Radiology and Electrocardiograms (EKGs)

Pharmacy

PTSD Resources

The Onsite Academy

Region 5: Central Massachusetts

Phone Number: (978) 874-0177

Page: (781) 553-0542

Address: Westminster, MA 01473

Mail: Gardner Campus, 216 Mill St, Gardner, MA 01440 Website: www.OnsiteAcademy.org

Email kims@onsiteacademy.org

Description:

The On-Site Academy is a short term, intensive residential treatment center for rescue personnel who may be temporarily overwhelmed by the stress of their job, suffering from work-related cumulative or delayed critical incident stress, or experiencing an acute, transient reaction to a "critical incident." Currently Offered at the On-Site Academy:

Returning Combat Veterans' Program (RESTORE)*

With national statistics indicating 1 in 6 returning combat soldiers suffering from depression or Post Traumatic Stress Disorder, this new program is geared specifically for those returning veterans who will resume their emergency service jobs at the federal, state, municipal, or local levels. We usually meet once a month from Friday through Sunday.

Five Day Residential Programs

Extended Care Program (ECP)

We offer a comprehensive extended care program that is available from 30 to 90 days.

Intensive Intervention Program (Double I)

The Intensive Care Program is incident specific. It is usually planned around specific events that have occurred and provides an intense but limited treatment for the clients involved.

Solo Crisis Intervention Program

These are planned admissions for 24 hour crisis intervention and peer support.

Line of Duty Injury Program

W.I.N.G.S. Program

"Widows/Widowers In Need of Grief support" program provides mobile crisis intervention, grief support services, defusing and debriefings, and quarterly residential groups for survivors of line of duty death, including child and family support services.

Out Service Appointments

Limited space is available for our service appointments. Please call first.

PTSD and TBI Resources

Home Base Program

Region 1: Greater Boston

Phone Number: (617) 724-5202

Address: 165 Cambridge Street, 7th Floor, Boston, MA 02114 Website: www.homebaseprogram.org

Email: homebaseprogram@partners.org

Description:

The mission of the Home Base Program is to serve New England veterans affected by what have become the two signature wounds of the current war.

Our program has four key components, including:

A clinical program to provide confidential evaluation, diagnosis and care for veterans with deployment- and combat-related stress and/or TBI;

A family program to provide education, counseling, and family support services to family members of veterans;

Innovative research which seeks to develop better treatments for these conditions; and

An educational component to help inform veterans, families and health care providers, social workers, clergy and others about the diagnosis and treatment of deployment- and combat- related stress and TBI.

TBI Resources

Bedford VA Medical Center Polytrauma and TBI Support Clinic *

Region 2: Northeast Massachusetts

Phone Number:

781.687.2705 - Mary Fardy, LICSW, Polytrauma and TBI Coordinator 781.687.3053 - Glen Hevy, Director of Rehab Services

Address: 200 Springs Road, Bedford, MA 01730 Email: Mary.Fardy@va.gov

Description:

The mission of the Polytrauma and TBI Support Clinic is to manage the life-long specialized rehabilitation needs of active duty members and veterans with polytraumatic injuries.

Polytrauma Rehabilitation Centers (PRC): Provide acute intensive inpatient rehabilitation

Polytrauma Network Sites (PNS) and Polytrauma Support Clinic Team (PSCT): Team of qualified rehabilitation and healthcare professionals. Including:

Physical Medicine and Rehab Physician
Social Work Case Manager
Physical Therapist
Occupational Therapist
Audiology and Speech and Language Pathologist
Vision Rehabilitation Specialist
Recreational Therapist
Vocational Rehabilitation Specialist
Psychologist/ Neuropsychologist
Chaplain

VISN 1 PNS and PSCT Locations:

VA Connecticut HCS
Togus, VAMC
White River Junction VAMC
Manchester VAMC
Providence VAMC
Northampton VAMV
VA Boston HCS

**New Hampshire Army National Guard's Suicide Prevention
Resource List**

Military One Source: <http://www.militaryonesource.com/>

G1 Suicide Prevention Homepage: <http://www.armyg1.army.mil/HR/suicide/default.asp>

CHPPM Homepage: https://smart.asee.org/assets/File/Orientation_Army_CHPPM.pdf

Center for Disease and Control: <http://www.cdc.gov/>

National Alliance on Mental Illness: <http://www.namih.org/>

TRICARE Guide: <http://www.tricare.mil/tricaesmart>

Free Mental Health Self-Assessment: <http://www.militarymentalhealth.org/>

Vet Centers State Locator: http://www2.va.gov/directory/guide/vetCenter_flash.asp

VA Offices State Locator: <http://www2.va.gov/directory/guide/home.asp?isFlash=1>

Compassionate Friends Post-Vention Assistance: <http://www.compassionatefriends.org/>

Compassionate Friends State Locator:
http://www.compassionatefriends.org/Local_Chapters/Chapter_Locator.aspx

Tragedy Assistance Program for Survivors (TAPS): www.TAPS.org

Prevention Resources: <http://www.preventsuicide.army.mil/>

US Army Public Health Homepage: <http://phc.amedd.army.mil/Pages/default.aspx>

Real Warriors Public Service Announcements (PSAs): <http://www.realwarriors.net/>

NH Community Mental Health Clinics Locator: <http://www.dhhs.nh.gov/dcbcs/bbh/centers.htm>

Disaster Behavioral Health Response Teams Locator: <http://www.dhhs.nh.gov/esu/dbhrtnh.htm>

Helpful Website List (Multi-Branch)

1. My Pay

<https://Mypay.dfas.mil/mypay.aspx>

- Automated payroll system for military members. View/Print pay, tax, and leave statements, make changes to discretionary payroll items (Child/Spousal support, TSP Contributions, etc.)

2. Defense Finance and Accounting Service (DFAS)

<https://www.dfas.mil/>

- Military Payroll; PCS and TYD Travel Information, garnishments, retiree pay, etc

3. Thrift Savings Plan

TSP

<https://www.tsp.gov/index.shtml>

- 401K-type program for military members

4. Military Compensation

<http://militarypay.defense.gov/>

- Umbrella website outlining range of military benefits (pay, retirement, health care, commissary/exchange shopping, etc.)

Military Compensation- Army

<http://www.goarmy.com/benefits.html>

- Umbrella website outlining range of military benefits (pay, retirement, health care, commissary/ exchange shopping, etc.)

5. Military Compensation - Marines

<http://www.marines.com/being-a-marine/benefits>

- Marine – Specific Website outlining military benefits

6. Military Compensation – Navy

http://www.navy.mil/navydata/nav_legacy.asp?id=186

- Navy specific website outlining military benefits.

7. Better Business Bureau Military Line

<Http://www.bbb.org/us/military-line/>

- Branch-specific free resources for financial literacy/ consumer

8. Stop – Loss Compensation

http://www.defense.gov/home/features/2010/0710_stoploss/

- Compensation pay for SM's whose service was extended beyond scheduled separation or retirement due to stop-loss

9. Service members Civil Relief Act

(SCRA) <http://www.military.com/benefits/content/military-legal-matters/scra/servicemembers-civil-relief-act-overview.html>

- Formerly the Soldiers' and sailors' Civil Relief Act. Provides wide range of protections for individuals entering, called to active duty in the military, or deployed service member. Postpones or suspends certain civil obligations (credit card debt, mortgage payments, taxes, pending trials, termination of leases)

10. Annual Credit Report

<http://annualcreditreport.com>

- The three nationwide consumer reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you can order your free annual report. Do not contact the three nationwide reporting consumer reporting companies individually. You may order reports from each of the three nationwide companies at the same time, or you can order your report from each of the companies at one time. The law allows you to order one free copy of your report from each of the nationwide consumer reporting companies every 12 months.

11. Military and money

<http://www.militaryandmoney.com/>

- Website and free app for smart phones featuring educational recourses and tools to help military members and families make informed decisions about money. Sponsored by McGraw-Hill and the better business bureau, in collaboration with the Joining Forces Initiative. Website has training videos on budgeting and managing debt, Financial tool Army Emergency Relief.

12. Army Emergency Relief

<http://www.aerhq.org>

- Army-specific program that offers emergency financial assistance in the form of loans, grants, or a combination to active duty, Reserve, National Guard, and retired service members and their families.
- Have to be on title 10 orders only.

13. Air Force Aid Society

<http://www.afas.org/index.cfm>

- Air Force-specific program that offers emergency financial assistance in the forms of loans, grants, or a combination to active duty, Reserve, National Guard and retired service members and their families.

14. Navy – Marine Corps Relief society

<http://www.nmcrcs.org/>

- Navy and Marine Corps- specific program that offers emergency financial assistance in the forms of loans, grants, or a combination to active duty, Reserve, National Guard and retired service members and their families.

15. Coast Guard Mutual Assistance (CGMA)

<http://www.cgmahq.org/>

- Any questions in eligibility contact your command or Family Programs
- Coast Guard- specific program that offers emergency financial assistance in the forms of loans, grants, or a combination to active duty, Reserve, National Guard and retired service members and their families.

16. American Red

Cross <http://www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe43181aa0/?vgnextoid=a6181b655eb3b110VgnVCM10000089f087aRCRD&vgnextfmt=default>

- Emergency communication services with service members and families; financial assistance for emergencies.

17. Operation Home front

<http://www.operationhomefront.net/>

- Non-Profit organization that provides emergency assistance to service members and families, as well as assistance to Wounded Warriors.

18. USA cares Basic Needs Family

Assistance [http://www.usacares.org/index.php/assistance.sub/category.basic needs](http://www.usacares.org/index.php/assistance.sub/category.basic%20needs)

- Grants for Post 9/11 service members and their families to cover housing, temporary shelter, food, gas, utilities, phone, auto payment/insurance/repair. Funds are paid directly to the debt collector; hardship must be military service related.

19. Casualty Travel Assistance

Program <http://www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe43181aa0/?vgnextoid=a6181b655eb3b110VgnVCM10000089f087aRCRD&vgnextfmt=default>

- Program operated by the Red Cross; Provides travel assistance (airfare, Lodging, food) for two immediate family members to attend a memorial or a funeral service for a service member killed on active duty in a combat zone or to travel to the bedside of a service member wounded in a combat zone.

20. Injured Marine Semper Fi Fund

www.semperfifund.org

- Provides immediate financial support for the injured and critically ill Post 9/11 Marines and Sailors, as well as members of the Army, Air Force, or Coast Guard who serve in support of Marines.

21. Homeless Shelter Directory

<http://www.homelessshelterdirectory.org>

- Searchable national database of homeless shelters.

22. Feeding America

https://secure.feedingamerica.org/site/Donation2?df_id=19008&19008.donation=form1&s_src=Y157P1B2X&s_subsrc=c&s_keyword=www%20feedingamerica%20com&gclid=CKfBgrvU-8cCFVc7gQodI5EONw

- Nationwide network of food banks.

23. National School Lunch Program

<http://www.fns.usda.gov/cnd/lunch/>

- Federally assisted program that provides low-cost or free lunches to children during school.

24. Woman, Infants, and Children

(WIC) <http://www.fns.usda.gov/wic/contacts/contactsMenu.HTM>

- Provides supplemental food, nutrition education, and screening/referrals to other social services to pregnant, breastfeeding, and postpartum women, and infants/children up to the age of 5

25. Supplemental Nutrition Assistance Program

(SNAP) <http://www.fns.usda.gov/snap.default.htm>

- Formerly food stamp program; Provides nutrition benefits to low-income families and individuals that are used at stores to purchase food.

26. The Emergency Food Assistance Program

(TEFAP) <http://www.fns.usda.gov/fdd/programs/tefap.default.htm>

- Federal program that helps supplement the diets of low-income needy persons by providing them with emergency food and nutrition assistance.

27. Catholic Charities

<http://www.catholiccharitiesusa.org/>

- Assists local agencies in effort to reduce poverty, support families and empower communities. Provides assistance regardless of religion, social, or economic background.

28. Meals on Wheels

<http://www.mealcall.org/>

- Home delivery of nutritious meals to seniors; also offers meal programs through senior centers.

29. National Housing Database

[http://www.www.shelterlistings.org.find shelter.html](http://www.www.shelterlistings.org.find%20shelter.html)

- Searchable shelter database for homeless/low income people.

30. Goodwill Industries International Inc.

<http://www.goodwill.org/goodwill-for-you/specialized-services/veterans/>

- Provides programs to assist with transition to civilian life, as well as assistance with support services such as health care, counseling, transportation and more.

31. Salvation Army

<http://www.salvationarmyusa.org/>

- Provides Various programs for veterans and service members.

32. On Behalf of a Great Nation

www.onbehalf.org

- Provides financial assistance as well as referrals to low-or-no cost services (auto repair, home repair, etc.) for wounded warriors and the families of fallen service members.

33. Wish Upon a Hero Foundation

<https://www.wishuponaherofoundation.org/>

- Grants wishes for active duty families and veterans; from basics needs to holiday gifts to assistance devices.

34. Wish for Our Heroes

<http://wish4ourheros.org/>

- Non-profit foundation that grants wishes for active duty service members and their families. Addresses needs based on strains of military life and deployments, financial strains, marital strains, etc.

35. Unmet Needs

<http://www.vfw.org/Assistance/National-Military-Services/>

- Sponsored through VFW; assists military families experiencing hardship due to deployment or other service-related issue. Provides grants, paid directly to creditors, for mortgage/rent, home/auto repairs, insurance, utilities, food, and clothing.

36. Military saves

www.militarysaves.org

- Part DoD financial Readiness Campaign and national America saves campaign; Motivates/encourages military families to become financially stable through saving debt reduction, and wealth-building

37. Homeowners Assistance Program

<http://hap.usace.army.mil/>

- DoD-sponsored program administrated by the Army Corps of Engineers. Eligible applicants can receive help in one of four ways; Reimbursement for part of financial loss from selling home, assistance with lack of funds from the sale of home to pay off mortgage, foreclosure/default assistance, and government purchase of your for-sale home.

38. Pioneer Military Loans

<http://www.pioneermilitaryloans.com>

- Personal loans for active duty and career-retired military members

39. Omni Military Loans

<http://www.yesomni.com>

- Variety of loan programs for active military members

40. Star Card

www.aafes.com

- Military Exchange Credit card; accepted at all service exchanges and for online/catalog exchange purchases.

41. Bank of America

<https://www.bankofamerica.com/military/index.cfm?&sta>

- Specialized banking/lending services for eligible members of the military.

42. Air Force Federal Credit Union

<http://airforcefcu.com>

- Banking/ lending services for members of the Air Force.

43. Pentagon Federal credit Union

<https://www.penfed.org/>

- Specialized banking/lending services for members of the military, Department of Homeland Security, and DoD.

44. Navy Federal Credit Union

www.navyfcu.org

- Banking/ lending services for members of the Navy and Marine Corps

45. United Services Automobile Association (USAA)

www.usaa.com

- Full range of competitive financial products and service (insurance, banking/lending, investments, retirements, etc).

46. US Department of Housing and Urban Development

<http://portal.hud.gov/hudportal/HUD>

- State- specific information on homeownership, rental assistance, homeless resources, foreclosure, and housing discrimination.

47. National Association of Realtors Foreclosure Assistance

program http://www.realtor.org/home_buyers_and_sellers/foreclosure_assistance_programs_by_state

- Links to assistance programs by state.

48. VA Home Loans

<http://www.benefits.va.gov/homel>

- Operated by the VA Loan Guaranty Service, subsidy of the VA Benefits Administration.

Index

All Inclusive Resources

S.A.V.E Team
New England Outreach Center

Domestic Violence

Sexual Assault Helpline

Employment

Employment Support for the Guard and Reserve (ESGR)

Families

Family Assistance Center (all regions)
Military One Source (Region: Nationwide)
Military and Family Life Consultants (Region 3: Southeast Massachusetts)
Project New Hope* (Region 5: Central Massachusetts)
Strength at Home* (Region: Statewide)
Tragedy Assistance Program for Survivors (T.A.P.S.) (Region: Statewide)

Financial

Guard Support
Military Friends Foundation

Housing / Shelter

New England Center for Homeless Vets*

Mental Health

Give an Hour
Military One Source
Project New Hope*
There and Back Again

Mental Health: VA Hospitals

VA Boston Healthcare System* (Region 1: Greater Boston)
Edith Nourse Rogers Memorial Veterans Hospital* (Region 2: Northeast Massachusetts)
VA Central Western Massachusetts Healthcare System* (Region 6: Pioneer Valley)
Providence VA Medical Center* (Region 3: Southeast Massachusetts)

Boston Vet Center* (Region 1: Greater Boston)
Lowell Vet Center* (Region 2: Northeast Massachusetts)
Brockton Vet Center* (Region 3: Southeast Massachusetts)
New Bedford Vet Center* (Region 3: Southeast Massachusetts)
Hyannis Vet Center* (Region 4: Cape Cod)
Worcester Vet Center* (Region 5: Central Massachusetts)
Springfield Vet Center* (Region 6: Pioneer Valley)
Causeway (Boston) CBOC* (Region 1: Greater Boston)

Mental Health: VA Hospitals Cont.

Gloucester CBOC* (Region 2: Northeast Massachusetts)
Haverhill CBOC* (Region 2: Northeast Massachusetts)
Lowell CBOC* (Region 2: Northeast Massachusetts)
Lynn CBOC* (Region 2: Northeast Massachusetts)
New Bedford CBOC* (Region 3: Southeast Massachusetts)
Hyannis CBOC* (Region 4: Cape Cod)
Fitchburg CBOC* (Region 5: Central Massachusetts)
Worcester CBOC* (Region 5: Central Massachusetts)
Greenfield CBOC* (Region 6: Pioneer Valley)
Springfield CBOC* (Region 6: Pioneer Valley)
Pittsfield CBOC* (Region 7: Berkshire Hills)

PTSD

Home Base Program* (Region 1: Greater Boston)
The Onsite Academy* (Region 5: Central Massachusetts)
VA Hospitals, Vet Centers, and CBOCs*

TBI

Bedford VA Medical Center Polytrauma and TBI Support Clinic *
Home Base Program* (Region 1: Greater Boston)
VA Hospitals, Vet Centers, and CBOCs*

MANG MOBILE APPLICATION

Resources Available for Soldiers, Leaders and Families

- *Behavioral Health*
- *Family Programs*
- *Chaplain Services*
- *Housing*
- *Sexual Assault*
- *And More*
-

Search:

Massachusetts National Guard or use the QR Code below

ANDROID

<https://play.google.com/store/apps/details?id=com.webmediumsolutions.mang>



APPLE

<https://itunes.apple.com/us/app/massachusetts-national-guard/id908530557?ls=1&mt=8>



*****Downloaded Application may be carried in lieu of A.C.E. and S.H/A.R.P. Cards**