

Bay Pines VA Healthcare System Resource List

- **Veterans Crisis Line** - *If you are having thoughts of suicide, call [1-800-273-8255](tel:1-800-273-8255), then PRESS 1 or visit <http://www.veteranscrisisline.net/> to text and chat.*
- *For emergency mental health care, you can also come to **Bay Pines Emergency Department** 24/7 regardless of your discharge status or enrollment in VA health care.*
- **Vet Centers** - *Discuss how you feel with other Veterans in these community-based counseling centers. **70% of Vet Center staff are Veterans.** Call [1-877-927-8387](tel:1-877-927-8387) or find one near you.*
- **VA Mental Health Services Guide** - *This guide will help you sign up and access mental health services.*
- **MakeTheConnection.net** - *information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues.*
- **RallyPoint** - *Talk to other Veterans online. Discuss: What are your feelings as the Taliban reclaim Afghanistan after 20 years of US involvement?*
- **Download VA's self-help apps** - *Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.*
- **Tragedy Assistance Program for Survivors (TAPS)** - *Request a Peer Mentor*
- **VA Women Veterans Call Center** - *Call or text [1-855-829-6636](tel:1-855-829-6636) (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)*
- **VA Caregiver Support Line** - *Call [1-855-260-3274](tel:1-855-260-3274) (M-F 8AM - 10PM & SAT 8AM - 5PM ET)*
- **Together We Served** - *Find your battle buddies through unit pages*
- **George W. Bush Institute** - *Need help or want to talk? Check In or call: [1-630-522-4904](tel:1-630-522-4904) or email: checkin@veteranwellnessalliance.org*
- **Elizabeth Dole Foundation Hidden Heroes** - *Join the Community*
- **American Red Cross Military Veteran Caregiver Network** - *Peer Support and Mentoring*
- **Team Red, White & Blue** - *Hundreds of events weekly. Find a chapter in your area.*
- **Student Veterans of America** - *Find a campus chapter to connect with.*
- **Team Rubicon** - *Find a local support squad.*