

Local Military Resources and Programs

Eureka Veterans Clinic.....	707-269-7500
VA Mental Health Clinic.....	707-269-7500
VA Medical Center San Francisco.....	877-487-2838
Vet Center (Readjustment Counseling).....	707-444-8271
Veterans Enrollment and Transition Services HSU.....	707-826-6272
Humboldt County Veterans Service Office.....	707-445-7341
Del Norte County Veterans Service Office.....	707-464-2154
24-Hr. Humboldt County Mental Health.....	707-445-7715
North Coast Veterans Resource Center.....	707-442-5852

Military Suicide Prevention and Mental Health Information

Veterans Crisis Line: <http://veteranscrisisline.net/>

This site connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat or text.

Veterans and their loved ones can call **800-273-8255** and **press 1**, chat online or **send a text message to 838255** to receive confidential support 24 hours a day, 7 days a week, 365 days per year.

VA's Suicide Prevention Program: www.mentalhealth.va.gov/suicide_prevention

This site provides information about the VA's suicide prevention resources and support for veterans and their loved ones, including the confidential Veterans Crisis Line, veterans chat and educational materials.

Additional Resources and Programs

VA's Mental Health Program: www.mentalhealth.va.gov

This site provides guidance to wellness services and counseling available for veterans, their families and their communities.



Make the Connection: maketheconnection.net

This site helps veterans recognize they are not alone and resources and solutions are available. Watch hundreds of video testimonials of veterans and their loved ones overcoming challenges, reaching positive outcomes for treatment and recovery and finding paths to fulfilling lives.

National Resource Directory: nrd.gov

An online resource that helps connect veterans and service members to support groups and programs.

Wounded Warrior Project: woundedwarriorproject.org

An organization dedicated to the well-being and adjustment of wounded warriors in America, focused on raising awareness, helping injured service members and empowering a generation of veterans.

AfterDeployment.org: afterdeployment.org

Health and wellness e-libraries, workshops and online assessments on a number of veterans' issues including PTSD, depression, anger, stress, alcohol and drugs, work adjustment, families and stigma.

Give an Hour: giveanhour.org

This is a nonprofit organization that provides free, confidential mental health services to service members, veterans, their loved ones and their communities, while spreading awareness about mental health issues affecting military families.

