



## Resources for Veteran Success

Veteran's Day is a day to pay homage to all who have served our nation. This Veteran's Day, BHS provides resources for veterans and their families that focus on mental health.

Veterans with access to mental health resources can struggle with accepting the help they deserve. Military culture often emphasizes toughness and self-reliance, leaving some veterans concerned about how they may be perceived if they seek care. According to Wounded Warrior Project's Annual Warrior Survey, mental health issues accounted for three of the top four most common service-connected injuries among veterans registered with the nonprofit.

These conditions require the same urgency as a physical injury. Mental health struggles can become difficult to overcome and manage when left untreated and can have long-term social, emotional, and cognitive consequences. The impact can impede veterans from realizing the fullness of their futures and hinder their ability to thrive after service.

Military families should have resources too. Family members and close friends are often among the first people veterans turn to during their struggles when transitioning away from military service. The pressure of providing this support can affect a loved one's well-being, particularly those who support severely injured veterans with long-term care needs.

You do not need to be a veterans service organization to support your employees, neighbors or friends with military ties. Understanding veterans' issues can increase your sensitivity and help you advocate for veterans and their mental health needs. Below are national resources for veterans and their families:

- Financial Readiness: <https://finred.usalearning.gov/>
- DoD Safe Helpline: 1.877.995.5247
- Military and Veteran Crisis Line: 988, Press 1
- National Call Center for Homeless Veterans: 1-877-424-3838
- Wounded Warrior Resource Center (MOS): 1-800-342-9647
- VA Caregiver Support Program: 1-855-260-3274
- Veterans Employment & Training Service: 1-866-487-2365

**Your Employee Assistance Program (EAP) provides free and confidential assessment and counseling services. BHS is available by calling 800-245-1150 or by visiting [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com).**

Sources: [usnews.com](http://usnews.com), [nrd.gov](http://nrd.gov)



**BEHAVIORAL HEALTH SYSTEMS**