



PTSD Resource List

National Center for PTSD

This site has several links to self help, education, support, what to expect, managing tools, treatment, explaining it to friends and family, and more.

Online: www.ptsd.va.gov/

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

As part of the Military Health System, the DCoE offers resources for health care providers, service members, Veterans, and military families.

Online: www.usar.army.mil/DCOE-TBI/

Telephone: 866-966-1020 (DCoE Outreach Center, available 24 hours per day, 7 days a week)

Email: Resources@DCoEO Outreach.org

Real Warriors Campaign

The Real Warriors Campaign is a multimedia public-awareness initiative designed to encourage help-seeking behavior among service members, Veterans, and military families coping with invisible wounds. The campaign is part of the Defense Department's overall effort to encourage warriors and families to seek appropriate care and support for psychological health concerns.

Online: www.realwarriors.net

Telephone: 866-966-1020 (DCoE Outreach Center)

USACares Warrior Treatment Today

USACares Warrior Treatment Today pays essential household bills while a wounded service member or Veteran is attending residential treatment for TBI or PTSD.

Online: usacares.org/

Telephone: 800-773-0387

Primary Care Provider

Your loved one's primary care provider can provide care for PTSD or refer to additional resources and treatment. All care and referrals are confidential.