

NAVY MEDICINE
FEMALE FORCE READINESS
CLINICAL COMMUNITY



Supporting Service Women After Deployment *Resource Pocket Guide*

*Preparing a smooth reintegration home for
service women and their families*





Resource Pocket Guide

PROGRAM TYPE	PROGRAM NAME AND DESCRIPTION	LINK
ART THERAPY	Operation We Are Here	https://www.operationwearehere.com/arttherapy.html
CAREGIVER SUPPORT	Military OneSource	https://www.militaryonesource.mil/confidential-help/interactive-tools-services/caregiver-support-services/
CRISIS RESOURCES	Suicide and Crisis Lifeline	988 (Text or Call)
	Suicide Hotline	1-800-273-TALK (8255)
	Veterans Crisis Line	1-800-273-8255, press 1
DIVERSITY, EQUITY, AND INCLUSION (DEI)	DEI 101	https://www.mynavyhr.navy.mil/Portals/55/Support/Culture%20Resilience/Inclusion/DIVERSITY_EQUITY_INCLUSION_DEI_101.pdf?ver=PjilxH8FGW-XJOenZWL4svA%3d%3d
	National Association of Black Military Women	https://www.nabmw.org/
	Association of Naval Services Officers (ANSO)	https://www.ansomil.org/en-familia/



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EDUCATIONAL AND EMPLOYMENT SUPPORT	Warrior Care Recovery Coordination Program	https://warriorcare.dodlive.mil/Care-Coordination/Education-Employment-Initiative/
		https://warriorcare.dodlive.mil/Care-Coordination/Operation-Warfighter/
	Wounded Warrior	https://www.operationwearehere.com/WoundedWarriorEducationEmployment.html
		https://www.veterantraining.va.gov/success/index.asp
	Military OneSource	https://www.militaryonesource.mil/confidential-help/specialty-consultations/education/
FAMILY AND MARITAL THERAPY	Salute Heroes Family Network	https://saluteheroes.org/get-help/other-programs/
	Our Military Kids	https://www.ourmilitarykids.org/
	Fleet and Family Support Center	Available on most Naval Bases, see base details for more info
	Military OneSource	https://www.militaryonesource.mil/confidential-help/specialty-consultations/building-healthy-relationships/
	Military and Family Life Counseling (MFLC)	https://www.militaryonesource.mil/non-medical-counseling/military-and-family-life-counseling/
	Make the Connection	https://www.maketheconnection.net/



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GENERAL RESOURCES	Psychological Health Resource Center	https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Psychological-Health-Resource-Center
	National Helpline	1-800-662-HELP (4357)
	Disaster Distress Hotline	1-800-9858
	Defense Health Agency (DHA) Warrior Care Recovery Coordination Program	https://nrd.gov/
	Psychological Health Resource Center	1-866-966-1020
	Women's Health	https://www.health.mil/Military-Health-Topics/Womens-Health
	Deployment Support Handbook	https://ffr.cnrc.navy.mil/Portals/76/Family_Readiness/Documents/DeploymentSupportHandbook.pdf?ver=JNiY9Hf2FNnfYMdLt5eK-g%3d%3d
HEALTH COACHING	Assists Veterans in establishing mental health treatment.	https://www.veterantraining.va.gov/movingforward/index.asp
INDIVIDUAL RESILIENCY TRAINING	Chaplains Religious Enrichment Development Operation (CREDO)	https://www.marforres.marines.mil/Staff-Sections/Special-Staff/Chaplain/CREDO/
	Human Performance Resource-Spiritual Fitness	https://www.hprc-online.org/mental-fitness/spiritual-fitness
	Whole Health-Spirit & Soul	https://www.va.gov/WHOLEHEALTH/circle-of-health/spirit-soul.asp



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INDIVIDUAL RESILIENCY TRAINING	Department of Veterans Affairs: My Recovery Plan	https://www.veterantraining.va.gov/recovery/index.asp
	Department of Veterans Affairs: Moving Forward	https://www.veterantraining.va.gov/movingforward/index.asp
	Post-Deployment and Reintegration Programs	https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Deployment-Readiness-Support/Return-and-Reunion/ https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Deployment-Readiness-Support/Reintegration/
MEDICAL MANAGEMENT	Primary Care, Mental Health Clinics or Embedded Mental Health	See local base resources
PEER SUPPORT	National Alliance on Mental Health (NAMI) Support Groups	https://www.nami.org/Support-Education/Support-Groups
	Depression and Bipolar Support Alliance	https://www.dbsalliance.org/support/
	Military OneSource	https://www.militaryonesource.mil/confidential-help/specialty-consultations/peer-to-peer/ 1-800-342-9647
	Vet Center	https://www.vetcenter.va.gov/#:~:text=Center%20Call%20Center,Vet%20Center%20Call%20Center,to%20their%20nearest%20Vet%20Center.



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RESOURCES FOR CHILDREN AND FAMILIES WITH CHILDREN	FOCUS Program	https://focusproject.org
	United Through Reading	https://unitedthroughreading.org/
	National Military Family Association	https://www.militaryfamily.org/programs/operation-purple/
	Military Kids Connect	https://militarykidsconnect.health.mil/
	Babies on the Homefront	https://babiesonthehomefront.org/
	Sesame Workshop	http://sesameworkshop.org/what-we-do/our-initiatives/military-families.html/
	MILPRIDE, a program for military families with Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ+) youth	https://modernmilitary.org/portfolio-items/milpride/?portfolioCats=86
	American Academy of Child and Adolescent Psychiatry	https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FF-F-Guide/Families-In-The-Military-088.aspx
		https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Military_Families_Resource_Center/Home.aspx
		https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FF-F-Guide/Coming-Home-Adjustments-For-Military-Families-089.aspx
Center for the Study of Traumatic Stress	https://www.cstsonline.org/resources/resource-master-list/community-support-mil-children-fam-deployment-cycle	
Individual Augmentee Family Handbook	https://ffr.cnic.navy.mil/Portals/76/Family_Readiness/Documents/Individual%20Augmentee%20Family%20Handbook.pdf?ver=IoUJOY-I6viVXCpIV5pkOQ%3d%3d	



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TRANSITIONS OF CARE	Veteran Center Call Center	1-877-927-8387
	inTransition	https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition
	Military OneSource	https://www.militaryonesource.mil/confidential-help/specialty-consultations/transitioning-veterans/
	Vet Center	https://www.vetcenter.va.gov/#:~:text=Center%20Call%20Center-,Vet%20Center%20Call%20Center,to%20their%20nearest%20Vet%20Center.
VOCATIONAL REHAB	Department of Veterans Affairs Training	https://www.veterantraining.va.gov/
WELLNESS COACHING	Military OneSource	https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/
WORKSHOPS	Yellow Ribbon Reintegration Program	https://www.yellowribbon.mil/courses
	American Red Cross	https://www.redcross.org/get-help/military-families/deployment-services/register-reconnection-workshops.html