

Resources

Are you are in crisis? You have options:

- Call 911 or go to the nearest Emergency Room
- Contact the Veterans Crisis Line: 1-800-273-8255, press 1
- Text the Veterans Crisis Line at 838255
- Or you can have a [Confidential Chat](#) with a counselor

Please be aware that computer use can be monitored. If you are afraid for your safety or the safety of your family, call the National Domestic Violence Hotline for help: 1-800-799-7233 or TTY 1-800-787-3224.

Resources

Veterans can complete a [self-assessment of trauma-related symptoms](#) and discuss the score with their therapist or doctor.

The National Center for PTSD provides helpful information about [treatment for posttraumatic stress disorder \(PTSD\)](#), [finding a therapist](#), and locating VA [PTSD treatment programs](#).

For information about VA [mental health services](#) or VA locations, visit the [Veterans Health Administration Facilities Locator](#) or [see services for Returning Service Members](#) (OEF/OIF).

If you have questions about eligibility for VA services and health benefits you can access [VA Health Benefits](#), [eBenefits](#), or the [National Resource Directory](#). You can also apply for benefits or update information here: [VA Form 10-10EZ and 10-10EZR](#). As another option, there may be a [Vet Center](#) near you. Learn more about Vet Center Eligibility [here](#).

If you would like to learn more about the Community Reinforcement and Family Training (CRAFT) approach, visit [CRAFT: An alternative to intervention](#).

Making social connections for support is an important part of taking care of yourself. Here are [some tips](#) for [making social relationships](#). There are several organizations, such as [Blue Star Families](#), [inTransition](#), and the [Wounded Warrior Project](#), where you can connect with other Veterans, Servicemembers, and their families.

Provide Feedback

To provide feedback about this VA CRAFT course, please email us at ncptsd@va.gov. Please only email us at this address to provide feedback about this course or if you have questions about PTSD. To contact the Department of Veterans Affairs for general questions, please go to [VA Inquiry Routing & Information System \(IRIS\)](#).