

## **Military Caregiver and Family Resources:**

### **Caregiver Education, Mental Health, and Assistance:**

#### **[Army OneSource](#)**

This site is dedicated to enriching and enhancing the lives of Army Soldiers and their family members.

#### **[Care For The Troops](#)**

Dedicated to the mental health care of returning troops and their families, this site provides information and training to families, clinicians, and congregation and community leaders, so that they become more aware of the culture, unique symptoms, and issues faced by military caregivers.

#### **[Hearts of Valor](#)**

Hearts of Valor honors the service and sacrifice of those who care for our nation's wounded, ill or injured warriors by providing a community of support based on a foundation of empathy and mutual understanding. Post 9/11 caregivers receive access to our national in-person peer support groups which address the daily challenges of caregiving. Our annual all-expenses-paid caregiver retreats offer expert coaching and education on current topics. Caregivers also have access to one-on-one support from mental health professionals who can provide up-to-date resources and local referrals.

#### **[Military OneSource](#)**

Military OneSource is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, guard and reserve service members, and their families. Information includes deployment, reunion, relationship, grief, spouse employment and education, parenting and child care, and much more.

#### **[Military Pathways](#)**

To help those who may be struggling, the Department of Defense teamed up with the nonprofit organization, Screening for Mental Health®, to launch Military Pathways (formerly the Mental Health Self-Assessment Program®). The primary goals of the program are to reduce stigma, raise awareness about mental health, and connect those in need to available resources. The self-assessments address depression, post-traumatic stress disorder (PTSD), generalized anxiety disorder, alcohol use and bipolar disorder. After an individual completes a self-assessment, s/he is provided with referral information including services provided through the Departments of Defense and Veterans Affairs.

#### **[USO Warrior and Family Care](#)**

Through USO Warrior and Family Care programs, the USO is building a continuum of care from the battlefield to the community to provide our wounded, ill and injured troops, and their families and caregivers a broad array of programs to help them throughout each stage of their recovery.

#### **[VeteranCaregiver.com](#)**

Peer-to-peer support and special assistance for Caregivers of Veterans, as well as for "singleton" Veterans. The website is a bridge where questions and frustrations can be safely aired.

#### **[Easter Seals Dixon Center for Military and Veteran Services](#)**

Working with more than 560 communities, 20,000 organizations, and thousands of passionate individuals to connect veterans and military families with on-the-ground individuals, organizations, solutions, and tools they need to live productive, successful lives.

#### **[Blue Star Families](#)**

Blue Star Families strengthens military families and our nation by connecting communities and fostering leadership.

### [After Deployment](#)

A wellness resource for the military community. Our mission is to help service members, their families, and veterans overcome common adjustment problems following a deployment. The resources and exercises on [afterdeployment.org](http://afterdeployment.org) address post-deployment challenges, including: post-traumatic stress and triggers; conflict at work; re-connecting with family and friends; depression; anger; sleep problems; substance abuse; stress management; kids and deployment; spiritual guidance; living with physical injuries; health and wellness; and much more.

### [Coping with a spouse with PTSD and/or TBI](#)

Whether you're a veteran or someone who loves a veteran with PTSD (Post-traumatic Stress Disorder) and/or TBI (Traumatic Brain Injury). This website is to help you find your way, find the information you need, and find a way not only to cope with life after combat... but to survive and thrive!

### [National Military Family Association](#)

Founded in 1969, the National Military Family Association is the leading non-profit organization focusing on issues important to military families. We believe that all military families deserve comprehensive child care, accessible health care, spouse employment options, great schools, caring communities, a secure retirement, and support for widows and widowers.

### [National Alliance on Mental Illness](#)

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

### [Tragedy Assistance Program for Survivors \(TAPS\)](#)

TAPS offers compassionate care to all those grieving the death of a loved one serving in our Armed Forces. Since 1994, TAPS has provided comfort and hope 24 hours a day, seven days a week through a national peer support network and connection to grief resources, all at no cost to surviving family members and loved ones.

### [Depression and Bipolar Support Alliance](#)

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

### [Give An Hour](#)

GAH is dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. We provide counseling to individuals, couples and families, and children and adolescents. We offer treatment for anxiety, depression, and substance abuse, posttraumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, and loss and grief

### [Soldiers' Angels](#)

Non-profit with a mission to provide aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, and their families and to enable our volunteers to improve the lives of a growing veteran population.

### [National Resource Directory: Family and Caregiver Support](#)

Learn about programs to support families of Service Members and Veterans, and how to access emotional, financial and community assistance.

### [Real Warriors](#)

The Real Warriors Campaign is a multimedia public awareness campaign designed to encourage service members, veterans and military families to seek help in coping with invisible wounds.

### [National Family Caregivers Association](#)

The Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the than 65 million Americans who care for loved ones with chronic conditions, disabilities, or disease. CAN serves a broad spectrum of family caregivers including the families and friends of wounded soldiers.

### [Make The Connection](#)

Make the Connection is a public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help Veterans discover ways to improve their lives.

### [Eight Tips to Managing Caregiver Guilt](#)

Caregiver Media Group is a leading provider of information, support and guidance for family and professional caregivers. Including, Today's Caregiver magazine, the "Fearless Caregiver Conferences", and web site, caregiver.com which includes topic specific newsletters, online discussion lists, back issue articles of Today's Caregiver magazine, chat rooms and an online store. Caregiver Media Group and all of its products are developed for caregivers, about caregivers and by caregivers

## **Caregiver Blogs:**

### [Living With PTSD & TBI Blog](#)

### [Wife of a Wounded Soldier](#)

### [Veteran Caregiver Blog](#)

### [Wounded Warrior Wife](#)

### [Family of a Vet Blog](#)

### [Hidden Heroes Blog](#)

## **Warrior Transition**

### [U.S. Army Wounded Warrior Program \(AW2\)](#)

The Army Wounded Warrior Program (AW2) is the official U.S. Army program that assists and advocates for severely wounded, ill, or injured Soldiers, Veterans, and their Families, wherever they are located, regardless of military status.

### [Air Force Wounded Warrior Transitions Assistance](#)

Transition Assistance Program (TAP) provides retiring, separating, and demobilizing members (and family members) with the information, skills, and knowledge needed for successful transition from military to civilian life. Participation in TAP is available to service members and their spouses within 12 months of separating or 24 months of retirement.

### [Wounded Warrior Project Transition Training Academy \(TTA\)](#)

WWP created the Transition Training Academy™ (TTA), a hands-on program that helps you explore the information-technology (IT) field as a possible career choice. TTA instruction is a high-touch blended learning model where instructors engage personally with each student with “learn-by-doing” teaching techniques that increase the potential for student success.

### [Navy Transition Assistance Program](#)

Navy Installations Command enables and sustains naval forces from the Shore by designing, developing and delivering integrated shore capabilities to our Fleet, the Fighter and the Family. On any given day, our programs and our services launch every shore-based ship, submarine and aircraft and take care of every Sailor and their families. Navy Installations Command includes 11 regions, 74 installations. We are around the globe supporting the Fleet, Fighter and Family 24 hours a day, seven days a week.

## **Military Children Resources:**

### [Children and PTSD](#)

An article in helping children understand PTSD other articles about real-life coping skills for those living in a "PTSD World".

### [National Military Family Association: Children's Resources](#)

The National Military Family Association is the leading non-profit organization focusing on issues important to military families. Believing that all military families deserve comprehensive child care, accessible health care, spouse employment options, great schools, caring communities, a secure retirement, and support for widows and widowers.

### [National Military Family Association: Special Needs](#)

Over 100,000 military families have members with special needs. These include spouses, children, or dependent parents who require special medical or educational services. Military families with special needs children face additional challenges to military life. For these families, transitioning to a new duty station or weathering yet another deployment can often be daunting. The following programs, toolkit, and transition check list are designed to help special need families.

### [Stress Free Kids](#)

Our blog/articles, newsletter, and resources offer stress tips and information on the mental health challenges facing our children and teens.

### [Military Child Education Coalition](#)

The work of the Military Child Education Coalition (MCEC) is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition.

### [DoD Special Needs Toolkit](#)

The Department of Defense (DoD) Special Needs Parent Tool Kit contains 110 pages of comprehensive information and tools geared towards helping military families with special needs children navigate the maze of medical and special education services, community support and benefits and entitlements.

### [National Resource Directory: Special Needs](#)

Resources to help you learn about your child's special needs, train to provide care, apply for financial assistance and government benefits, and find support groups for parents like you.

## **Warrior to Civilian Career Resources:**

### [Military Connection](#)

Features tons of resources and information, and is one of the most comprehensive directories of military and veteran resources on the web. The site includes a Job Board, Virtual Job Fair, Post 9/11 GI Bill information, scholarship directory, and school directory. There is also news, events, pay charts, benefits, service directories, commissaries and exchanges and more.

### [Military.com: Veteran Jobs](#)

Military.com's free membership connects service members, military families and veterans to all the benefits of service.

### [The American Legion: Veterans Career Center](#)

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veteran's service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

### [VA for Vets](#)

VA for Vets facilitates the reintegration, retention and hiring of Veteran employees at the Department of Veterans Affairs (VA). We offer career-search tools for Veterans seeking employment at VA, career development services for our existing Veterans, and coaching and reintegration support for military service members. VA for Vets is your gateway to a rewarding career serving our nation's Veterans.

### [Feds Hire Vets: Veterans Preference](#)

In partnership with the Departments of Defense, Labor, Veterans Affairs, Homeland Security, and other Federal agencies, our vision is that this Website will be the preeminent source for Federal employment information for our Veterans, transitioning service members, their families, Federal HR professionals and hiring managers. Our goal is to provide consistent and accurate information and useful training and other resources in a way that will inform both the applicant and the hiring agency.

### [VA Vocational Rehabilitation and Employment Service](#)

The Vocational Rehabilitation and Employment (VR&E) Program is authorized by Congress under Title 38, USC, Chapter 31 and Code of Federal Regulations, Part 21. It is sometimes referred to as the Chapter 31 program. This program assists Veterans with service-connected disabilities to prepare for, find, and keep suitable jobs. For Veterans with service-connected disabilities so severe that they cannot immediately consider work, this program offers services to improve their ability to live as independently as possible.

### [Hero to Hired](#)

We know that searching for a new job is a big undertaking. That's why Hero2Hired (H2H) was created: to make it easy for Reserve Component service members to connect to and find jobs with military friendly companies. H2H also offers career exploration tools, military-to-civilian skills translations, education and training resources, as well as a mobile app. Support for H2H is provided through the Department of Defense's Yellow Ribbon Reintegration Program.

### [Partnership for Youth Success](#)

The Partnership for Youth Success (PaYS) Program is a strategic partnership between the US Army and a cross section of corporations, companies, and public sector agencies. The program provides America's youth with an opportunity to serve their country while they prepare for their future.



**OPERATION  
FAMILY CAREGIVER**

A program of The Rosalynn Carter  
Institute for Caregiving