

Resources for Veteran Families

Links to various resources for Memorial Day and Beyond

THE MILITARY AND VETERANS CRISIS LINE



Hotline 988 (Press 1); You can also chat online, or **text 838255**

Confidential help is available 24 hours a day, 7 days a week, 365 days a year for veterans in crisis and their families and friends. If you or someone you know is experiencing the symptoms of emotional distress, including thoughts of suicide, for immediate help dial 988 (Press 1).

Website: <https://www.veteranscrisisline.net/>



VA Mental Health Care

Help Starts Here. Welcome to the next step in your healing and recovery. Call [1-877-927-8387](tel:1-877-927-8387), 24/7, to talk with a fellow Veteran about your experiences.

Website: <https://www.mentalhealth.va.gov/>



Memorial Day Concert & Veteran Support/Volunteer Site

The National Memorial Day Concert unites the country in remembrance and appreciation of those who gave their lives for our nation and serves those who are grieving through the mission. This site offers live video of the concert and resources to support Veterans and their Families.

Website: <https://www.pbs.org/national-memorial-day-concert/help-military-families/support-volunteer/>



Wounded Warrior Project® (WWP)

Empowering Veterans Through Programs, Services, and Advocacy. We're here to help you. Contact the WWP Resource Center for more information.

Call: 888-997-2586 **Email:** resourcecenter@woundedwarriorproject.org

Website: <https://www.woundedwarriorproject.org/programs>



Carry The Load

Carry The Load actively connects Americans to the sacrifices made by our military, veterans, first responders, and their families.

Website: <https://carrytheload.org/memorial-may/>



Washington State Veteran Resources by County

Find Veteran Assistance Fund or Program resources in your area.

Website: <https://dva.wa.gov/resources>

