



Building awareness within communities of the concerns, needs, and everyday demands of Military life on Service Members and their Families

## Websites

<http://www.ptsd.va.gov/>

**Description/Mission Statement:** The **National Center for PTSD (NCPTSD)** is part of the Department of Veterans Affairs and is dedicated to advance the clinical care and social welfare of U.S. Veterans through research, education, and training on PTSD and stress-related disorders. It is a primary source of information for clinicians and human service providers, as well as for Service Members, Veterans, and their loved ones.

**Resources:** The site includes an extensive list of organizations and programs that support Military members, Veterans, and their loved ones, including 140 fact sheets, 800 downloadable articles, videos, and newsletters.

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[www.armywell-being.org](http://www.armywell-being.org)

**Description/Mission Statement:** The Army's **Well-Being Division** provides a central source of compiled human dimension data (both objective and subjective) with the commensurate analytical capability to inform Human Capital Strategy, policy, and program decisions and to provide assessments of issues related to the well-being of the force.

**Resources:** The site includes a searchable index (Resources A–Z) that organizes contact information, Web links, and downloadable files in one convenient application. Click on any category name to view available entries. Also includes blogs (by Service Members and their families), forums, and breaking news stories.

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<http://www.aw2.army.mil/>

**Description/Mission Statement:** The **Army Wounded Warrior Program (AW2)** is a key component of the Army's mission and commitment, the [Army Family Covenant](#), to care for wounded Soldiers and their Families.

**Resources:** Fact sheets, videos, news articles, access and information about benefits/resources available to Wounded Soldiers and their families.





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[http://www.mirecc.va.gov/VISN16/docs/Websites\\_for\\_Practice\\_V072008.pdf](http://www.mirecc.va.gov/VISN16/docs/Websites_for_Practice_V072008.pdf)

**Description/Mission Statement:** The **Department of Veterans Affairs** provides a wide range of benefits to Veterans and their families.

**Resources:** This site has a link to a PDF containing links to gateway internet sites for human services professionals working with military and veterans issues.

<http://www.citizensoldiersupport.org/>

**Description/Mission Statement:** The **Citizen Soldier Support Program (CSSP)**, hosted by the Odum Institute for Research in Social Science at the University of North Carolina at Chapel Hill, has as its mission "to engage and connect military and community service systems to increase the readiness and resiliency of Reserve Component (RC) members and their families."

**Resources:** CSSP has unified its approach under a single Reserve Component Behavioral Health Initiative to address the psychological issues confronting our Reserve Component members and their families through a variety of methods, including evidence-based, best-practice training, a robust searchable provider database, and other innovative solutions.

<http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

**Description/Mission Statement:** The mission of the **National Institute of Mental Health (NIMH)** is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. This page is dedicated to **Post-Traumatic Stress Disorder (PTSD)**.

**Resources:** Clinical discussion of signs/symptoms, treatments, help locating local resources, recent scientific news, and articles regarding PTSD.





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## Website

<http://www.mentalhealthamerica.net/reunions/info.cfm>

**Description/Mission Statement: Mental Health America** (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping all people live mentally healthier lives. This page is dedicated to **Operation Healthy Reunions**.

**Resources:** Information to help Service Members return to post-war life, including information about recognizing and coping with **Post-Traumatic Stress Disorder (PTSD)**.

## Books

**Coming Home: A Guide for Parents, Extended Family Members or Friends of Service Members Returning from Mobilization/Deployment.** This guide is available from local Red Cross chapters.

**Courage After Fire.** Keith Armstrong, L.C.S.W.; Susanne Best, Ph.D.; Paula Domenici, Ph.D. Go to: <http://www.courageafterfire.com/>

**Down Range to Iraq and Back.** Bridget C. Cantrell, Ph.D. and Chuck Dean. Go to: <http://astore.amazon.com/marineparents-20/detail/1933150068>

**Invisible Wounds of War, Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery.** RAND assessed the post-deployment health-related needs associated with post-traumatic stress disorder, major depression, and traumatic brain injury; examined the treatment capacity of the current health care system, and estimated the costs of providing quality health care to all military members who need it. Go to: <http://www.rand.org/multi/military/>

**When Your Son or Daughter is Deployed.** Go to: [http://deploymenthealthlibrary.fhp.osd.mil/products/When%20Your%20Son%20or%20Daughter%20is%20Deployed%20\(237\).pdf](http://deploymenthealthlibrary.fhp.osd.mil/products/When%20Your%20Son%20or%20Daughter%20is%20Deployed%20(237).pdf)

