

24/7 JBLE Resources

Additional 24/7 Counseling Resources



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network.

These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.



Psychological Health Resource Center: 866-966-1020

Available 24/7 by phone, Online chat, or email.



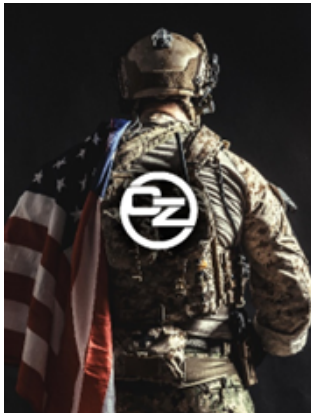
Military Crisis Line: **DIAL 988, then PRESS 1**

The Military Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.



www.health.mil/RealWarriors

The Real Warriors Campaign promotes a culture of support for psychological health by encouraging the military community to reach out for help whether coping with the daily stresses of military life, or concerns like depression, anxiety and post-traumatic stress disorder. Founded in 2009, the campaign supports the Defense Department's Psychological Health Center of Excellence in its mission to break the stigma associated with psychological health concerns and encourage those who are coping with a psychological health concern to seek help. The campaign links service members, veterans and their families with care and provides free, confidential resources including Online articles, print materials, videos and podcasts. If you or someone you know is coping with any concerns, know that reaching out is a sign of strength. Talk to a health care provider or start with one of many available resources on the Real Warriors Campaign website, including the Psychological Health Resource Center where you can speak with a confidential health resource consultant 24/7.



Objective Zero

Connect to peer support and wellness resources with the Objective Zero app or online. For Veterans, service members, their families and caregivers to connect to mental health and wellness resources through peer and civilian supporters.

Objectivezero.org

VA APPS AVAILABLE FOR DOWNLOAD:

- CBT-I Coach
- CPT Coach
- Beyond MST
- STAIR Coach
- AIMS for Anger Management
- ACT Coach
- Mindfulness
- PTSD Coach
- Safety Plan
- Virtual Hope Box