



Dear Friends and Veterans,

With war comes trauma. But New York's military personnel and their families don't have to deal with it alone.

There is a host of services available to New York veterans, male and female, whether recently returning from the Middle East, or those who served in Vietnam, Korea, World War II or at other times and places. There are many challenges veterans face, like post traumatic stress disorder (PTSD), increased alcoholism and drug use, homelessness, anger and anxiety. But there are people here to help, and I hope our treasured veterans take advantage of these benefits.

When faced with PTSD, alcoholism and drug use, finding help can be hard. This pamphlet is a resource to help families and veterans cope with the issues that come with civilian life after experiencing stressful circumstances in war.

I cannot thank our veterans enough for their tireless efforts, sacrifice and hard work that continue to protect America and everything she stands for. If you are a veteran or know a veteran who is struggling, you are not the only one. There is help waiting for New York veterans.

If you need help dealing with state agencies or filling out forms, my community office is here to help. Please give us a call.

Sincerely,

A handwritten signature in black ink that reads "Michele Titus". The signature is written in a cursive style.

Michele R. Titus
Member of Assembly

“It's important to support our troops while they're serving — and when they return to our communities. We're here to see them through, from homecoming welcomes to ensuring a happy and healthy return to civilian life.”

Assemblywoman
Michele R. Titus

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Mental health
resources for
military
veterans

Courtesy of
Assemblywoman
Michele R. Titus



Mental Health

New York State Office of Mental Health (OMH)

www.omh.state.ny.us

The New York State Office of Mental Health (OMH) provides a Mental Health Program Directory on its website which allows you to:

- Search for mental health programs by county, program category or subcategory.
- View program details including program name, address and phone number.

You may also call OMH if you have questions or complaints about mental health services in New York State: 1-800-597-8481

If you are in crisis, OMH provides this toll-free number: 1-800-273-TALK (8255).

Veteran Affairs (VA) PTSD Program Locator

www.va.gov

Use the Veteran Affairs (VA) PTSD Program Locator to see if there is a specialized Mental Health program near you.

Vet Centers

1-800-905-4675 (Eastern)
1-866-496-8838 (Pacific)

Vet Centers are operated by the VA's Readjustment Counseling Service. Call to get more information on Vet Centers.

Military One Source

1-800-342-9647

Military One Source is designed to help military members, veterans and families deal with life issues.

Substance Abuse

New York State HOPELINE

1-877-8-HOPENY (1-877-846-7369)

This number offers help 24 hours a day, 365 days a year, and your call is anonymous and confidential.

New York State Office of Alcoholism and Substance Abuse Services (OASAS)
www.oasas.state.ny.us

Visit OASAS' website to locate a certified service provider by name, city or county.

HOW CAN I GET HELP?

- Contact the Operation Enduring Freedom/ Operation Iraqi Freedom Coordinator at St. Albans VA Medical Clinic at 718-526-1000 or Brooklyn VA Medical Center at 718-836-6600.
- Call VA's general information hotline: 1-800-827-1000
- A list of VA and Vet Center facilities can be found online at: www.va.gov

Suicide Prevention

New York State Suicide Prevention Resource Center

www.sprc.org

The New York State Suicide Prevention Resource Center Web page provides information that includes:

- Contact Information
- Recent Developments
- State Events
- State and Local Prevention Resources

—or—

Suicide Prevention Hotline

1-800-273-TALK (8255)

Call if you know someone who is in suicidal crisis.

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Veterans, family members or friends can access Veterans Chat through the National Suicide Prevention Lifeline website.

—or—

Veterans Suicide Prevention Hotline

1-800-273-TALK (8255) and press 1

Call will be routed to the Veterans Suicide Prevention Hotline.

Traumatic Brain Injury (TBI)

Brain Injury Association of New York State (BIANYS)

Family Help Line: 1-800-228-8201

In collaboration with the New York State Department of Health, the Brain Injury Association of New York State (BIANYS) seeks to:

- Raise awareness about traumatic brain injury.
- Be a resource to providers and families as they seek to understand the symptoms of and treatment for traumatic brain injury.

BIANYS can answer your questions and get you the help you need. Call its Family Help Line if you or your family member served in Operation Enduring Freedom or Operation Iraqi Freedom and sustained a brain injury during deployment.

Department of Veterans Affairs

www.ptsd.va.gov/public/index.asp

Visit the website of the Department of Veterans Affairs to access information regarding traumatic brain injury.

