

## **Current Service Members (National Guard, Reserves, Active Duty, and Individual Ready Reserves)**

*Military OneSource 800.342.9647 (24/7)*

- Assists in obtaining several sessions of free therapy with a local therapist that they will pay for up to a certain amount.
- Assists in location resources for:
  - Moving and Housing
  - Financial and legal
  - Military/Personal Life Cycle
  - Confidential Help
  - Education and Employment
  - Health and Wellness
  - Recreation, Travel & Shopping

## **Veterans**

*VA Veterans Crisis Line*

- 1-800-273-8255 (press 1) or text 838255

*VA National Crisis for Homeless Veterans*

- 877.424.3838

Tomah VA Medical Center

- 608.372.3971
- 500 East Veterans Street, Tomah Wisconsin 54660

Minneapolis VA Health Care System

- 612.725.2000
- 1 Veterans Drive, Minneapolis, Minnesota 55417

## **Resources and assistance for Wisconsin Veterans**

- [dva.wi.gov/Pages/benefitsClaims/BenefitsandClaims.aspx](https://dva.wi.gov/Pages/benefitsClaims/BenefitsandClaims.aspx)

## **Locate Local Resources**

- [Veteranscrisisline.net/get-help/local-resources](https://veteranscrisisline.net/get-help/local-resources)

### *Online “Warm Line”: Battle In distress*

- Speaking with someone on social media for Veterans:
- Both on Facebook and Instagram for chatting
- Volunteer based and may take some time to respond