

Resources for Help, Information and Healing

Mental Health.gov: Serves as a clearinghouse providing information and access to services for the military and their families: <https://www.mentalhealth.gov/get-help/veterans>.

The Veterans Administration: Provides tons of helpful information concerning all things military and information for active duty, veterans, and family members: www.va.gov.

Veterans Crisis Line: Free and confidential crisis services for military members and their families: <https://www.veteranscrisisline.net/>.

The Rape, Abuse and Incest National Network (RAINN): A national clearinghouse that offers help and information concerning all things sexual assault related as well as ideas of where to look for help close to your home. www.rainn.org.

Psychology Today: An online information website that provides local therapists' names and contact information near you. The website includes therapist pictures, specialties, and contact information to help make that first phone call less stressful. www.psychologytoday.com.

The American Psychological Association: A website containing a plethora of information concerning mental health and wellness and a searchable database of local therapists. www.apa.org.

Local Doctor's Office: Ask your primary care doctor if they know of local therapists that work with trauma and how to set an appointment. Doctors often collaborate with mental health professionals and others to provide quality patient care.

Calvert Internal Medical Group: 410-535-2005