

# Supporting Veteran Mental Health

Below are resources that were provided throughout the Supporting Veteran Mental Health module. **Simply click on a resource to be directed to that website.**

**[National Center for PTSD](#)**

**[National Center for PTSD Mobile Apps](#)**

**[Veteran's Crisis Online Chat or locate your local Suicide](#)**

**[Veteran's S.A.V.E Training](#)**

**[Depression Screening Tool](#)**

**[Means Matter](#)**

**[Common Reactions to Trauma](#)**

**[Caring for a Veteran with TBI](#)**

**[Al-Anon Family Groups](#)**

**[Nar-Anon Family Groups](#)**

**[Screening tools \(depression, PTSD, Substance, and alcohol\)](#)** **[AIMS-Anger & Irritability Management Skills](#)**

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