

Resources available to help servicemembers include:

Gulf coast va medical  
Center hot line  
1-800-507-4571

Veteran-to-veteran peer counseling  
1-877-vet2vet

National veterans foundation  
Help line  
1-888-777-4443  
(9 a.M-9 p.M. Pacific time m-f)  
E-mail help also available from nvf

Military onesource  
1-800-342-9647 (in usa 24/7)  
1-800-3429-6477 (outside of usa)

Wounded soldier and family hotline (army-provided assistance)  
1-800-984-8523

Ny/nj veterans va nurses helpline  
1-800-877-6976

Suicide hotlines  
1-888-649-1366  
1-800-suicide  
1-800-784-2433

Suicide help online  
[Http://www.Hopeline.Com](http://www.Hopeline.Com)  
[Http://www.Spanusa.Org](http://www.Spanusa.Org)

National coalition for homeless vets  
1-800-vet-help

Veterans of the vietnam war  
1-800-843-8626