



Here are some links to resources and advice for people that may be useful for those dealing with, or affected by, PTSD. These are external sites and have no affiliation or connection with King's College London or the Centre for Military Ethics. We are aware of them due to recommendations from veterans or their families. If you are aware of other resources that may help (particularly those that exist outside of the US), please do let us know and we will add those sources to this list. **Remember, asking for help is the bravest thing that many people will ever do.**

We have also included some other general resources that maybe of interest to military families.

Professor David Whetham, Director of the King's Centre for Military Ethics

UK-based Resources

[Mental Health First Aid for the Armed Forces](#)

Just like the rest of the population, stigma and lack of awareness around our mental health compared to our physical health is often a barrier to armed forces personnel getting the treatment they need to recover.

We want to empower everyone in the military community to meet these challenges head on by equipping them with practical Mental Health First Aid (MHFA) skills.

[PTSD Resolution](#)

A charity that helps Veterans, Reservists and their families struggling to reintegrate into normal work and family life because of combat-related stress, transitional distress and trauma.

[Combat Stress](#)

"If you're a veteran worried about your mental health, we can help." For almost a century, we've helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD). Today, we provide our life-changing treatment to veterans from every service and every conflict. On the phone and online. In the community and at our specialist centres.

[Big White Wall](#)

An online mental health community. Accessible anytime, anywhere.



US-based Resources

[PTSD and Substance Abuse Help for Veterans](#)

If you are struggling with mental health concerns, you are not alone, and it's not your fault. As a soldier, you have been through unimaginable stress and trauma, and that takes a toll on your psychological health. According to the a study published in the [National Institutes of Health](#), one in three veteran patients are diagnosed with at least one mental health disorder. Many of these mental health disorders are triggers for substance abuse problems as well, adding to the burden on already stressed veterans.

[Guide to Finding a PTSD Therapist](#)

PTSD can be treated. Effective treatments for PTSD include different types of psychotherapy (talk therapy) or medication

[How to Stop Living Out of Your Car - Guide for Homeless Vets](#)

While for a very small number of the population becoming homeless or choosing to live a transient existence is a calculated decision, for the vast majority of those who find themselves without a home it is the result of a series of tragic events that force them into poverty and a life on the streets. There are steps that can be taken – and resources that can be used – to obtain housing, find independence, and maintain your dignity – and leave your car as simply a source of transportation.

[Homeless Veterans' Resources](#)

Veterans are [twice as likely](#) to become homeless as other Americans, due to any number of factors ranging from difficulty transitioning to civilian life through medical problems resulting from their service. Whether you are homeless, a family member or friend of someone who's homeless, or just a concerned citizen, you need to know about the resources available to help.

[National Coalition for Homeless Veterans](#)

If you are a homeless veteran or a veteran at risk of becoming homeless, these pages provide information that you can use to seek help. They include addresses, phone numbers, and websites to find out about services, programs, and other help that is available.

[Homes for Homeless Vets](#)

This guide is intended to help veterans who are struggling get the help they deserve. From help with homelessness to something as simple as a partner animal to help alleviate emotional trauma, these organizations, groups and services will support today's vets so they can enjoy a full, thriving and healthy civilian life.

[Support for Veterans and Their Struggles](#)

The Real Warriors Campaign is a multimedia public awareness campaign through the Psychological Health Center of Excellence to support the promotion of psychological health, reduce stigma of psychological health concerns and encourage help seeking behaviour for service members, veteran and their families.



[Veterans Crisis Line](#)

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

[How to Plan for Life After Discharge: A GUIDE FOR NEW VETERANS](#)

When you are ready to make the move away from military service and into civilian life, you face some major adjustments. It's no secret that military life is extremely different than civilian life, and you may find that the challenges ahead of you are a bit steeper to overcome than you once thought. If you are suffering from a physical or psychological injury as a result of your service, you will find the adjustment is even bigger. So what can you do to make the transition easier? Thankfully, you are not alone. You have numerous resources at your disposal that can help you through this transition, and many people who are ready to cheer you on as you make the change.

[Settling Down After Life in the Military](#)

As a soldier, you have the work ethic and integrity that makes it much easier to tackle any challenge, including the challenge of transition. Integrating back into civilian life can be an overwhelming process. The tips and tricks in this guide show the many different considerations that veterans must make as they work through this transition. From buying a home to choosing health insurance, check off these items step-by-step, and soon you will find that you have successfully made the transition to life as a civilian.

[National Military Family Association](#)

Learn how we, as military families ourselves, interact with our own community to understand what issues are the most significant. Find out what you can do to make sure that the well-being of military wives, husbands, children, parents, and siblings is at the forefront of policymakers' minds.

[Real Warriors](#)

The Real Warriors Campaign promotes a culture of support for psychological health by encouraging the military community to reach out for help whether coping with the daily stresses of military life, or concerns like depression, anxiety and post traumatic stress disorder. The campaign links service members, veterans and their families with care and provides free, confidential resources including online articles, print materials, videos and podcasts. If you or someone you know is coping with any concerns, know that reaching out is a sign of strength.

Other US-based resources that may be of interest/help

[Legal Advice for Veterans](#)

Project CHALENG performs an annual survey of homeless veterans to determine where services are needed. In 2014, the survey found that five out of the ten most common problems cited by homeless vets were legal concerns. This guide will showcase these



concerns, and then provide resources to help veterans get the critical help they need to move past these concerns and enjoy a normal, healthy, and stable civilian life.

[Take an ASVAB practice test today](#)

The Armed Services Vocational Aptitude Battery (ASVAB) includes ten subtests designed to measure a military enlistee's academic and technical knowledge. Take advantage of Study.com's complete Armed Services Vocational Aptitude Battery ([ASVAB](#)) practice tests to gain confidence for your military placement exam, Our practice tests are crafted in the style of the actual ASVAB, so you can get comfortable with the test's format, style and difficulty level.

[Military Guide to Moving and Storage](#)

Community and Support for Veterans estimates have found that military families relocate 2.5 times more often than civilian families. Whether it's your first move or your fifteenth, it's always good to have a little bit of help to prepare for the process ahead. We want to help you with the process ahead, so your move will go as smoothly as possible. Here are some tips to help you with the process of your next military move.

[Operation We Are Here – Resources for the Military Community and Military Supporters](#)

This site exists to create an awareness of the challenges of the military community, to offer practical suggestions to churches, communities and individuals on how to support and encourage the military community, and to provide a comprehensive list of resources for the military community (active duty, veterans, their families) and its supporters.

[Homebuying Guide for Veterans](#)

The process of buying a home is unique for veterans, especially those looking to take out a VA loan. Not all homes qualify for VA loans and not all lenders are familiar with the VA loan process. This article can help guide you through the homebuying process with details about VA loans, state-specific veteran benefits, and home insurance for veterans.