

# Active Military and Veterans

**Military Health System - Psychological Health Resource Center** (866) 966-1020  
Available 24/7 by phone, online chat, or email. This is not a treatment or counseling center, but they can help you to access the mental health care you need.

Website: [www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Psychological-Health-Resource-Center](http://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Psychological-Health-Resource-Center)

Website Navigation: Go to [www.health.mil](http://www.health.mil) and from top of page click on “Military Health Topics” then from the left menu click “Centers of Excellence” then “Psychological Health Center of Excellence” then “Psychological Health Resource Center | 24/7”

**Veterans Crisis Line** [VeteransCrisisLine.net](http://VeteransCrisisLine.net) Dial 988, then press 1  
Available 24/7 by phone, online chat, or text message. Confidential crisis support line for veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

**National Call Center for Homeless Veterans** (877) 424-3838, then press 1  
[va.gov/homeless/NationalCallCenter.asp](http://va.gov/homeless/NationalCallCenter.asp)  
Veterans who are homeless or at risk of homelessness – along with their families, friends and supporters. Available to talk confidently to trained counselors 24/7 via phone or online chat.

**Brain Injury Alliance** [biaaz.org/survivors-and-family/#support](http://biaaz.org/survivors-and-family/#support) (602) 508-8024  
Phoenix Survivor & Caregiver Support Group is for survivors 18 and above, along with family, friends and caregivers. The group meets on the 2nd Thursday of the month, 6pm to 7:30pm at:  
Ability 360 Campus, Classroom B  
5025 E Washington Street, Phoenix, AZ 85034  
Contact [outreach@biaaz.org](mailto:outreach@biaaz.org) or call (602) 508-8024 ext. 104

There is also transportation assistance. Submit your application at [www.biaaz.org/assistance/transportation-assistance-application](http://www.biaaz.org/assistance/transportation-assistance-application)

**VA Benefits** [ebenefits.va.gov](http://ebenefits.va.gov) (844) 698-2311  
Go to the website to login. Here you can apply for VA benefits, view benefits status, manage benefits, review DoD related actions and benefits, along with view appeal status.  
The VA has a phone number 844-MyVA311 (844-698-2311) as a 24/7 one-stop, go-to source for Veterans, their families and caregivers who do not know what number to call. This phone number will provide all types of information: Disability | Pension | Healthcare Eligibility and Enrollment | Burial Benefits | VA Facility Locations... and this phone number can also route callers to the Homeless Veteran help line, along with the Veterans Crisis Line.

**VA Health Care**[va.gov/phoenix-health-care](https://va.gov/phoenix-health-care)

Main # (602) 277-5551

Mental health / PTSD / substance abuse assistance # (602) 222-2752

Serving Veterans in central Arizona at the Carl T. Hayden VA Medical Center, along with 12 community based VA clinics in Arizona.

Carl T Hayden Veterans' Administration Medical Center

650 E Indian School Road, Phoenix, AZ 85012

**Military One Source**[MilitaryOneSource.mil](https://MilitaryOneSource.mil)

(800) 342-9647

Defense Department-funded program for Veterans and their families. Offering a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life: Child Care Services | Adoption | Special Needs | Elder Care | Building Healthy Relationships | New Parent | Transitioning Veterans | Education | Health and Wellness Coaching | Spouse Education and Career Opportunities | Financial and Tax Consultation | Document Translation | Language Interpretation | Peer-to-Peer Support | Spouse Relocation and Transition | Confidential Non-Medical Counseling | Mobile Solutions | Wounded Warriors and Caregivers