



**MAKE THE**  
**CONNECTION**

***[www.MakeTheConnection.net](http://www.MakeTheConnection.net)***

**A Mental Health Public Awareness Campaign**



U.S. Department  
of Veterans Affairs

# Home Page

The screenshot shows the homepage of 'MAKE THE CONNECTION', a website for veterans. At the top, it features the logo and navigation links for Facebook and YouTube. Below the header is a search bar and a 'Connect By' menu with options like 'Who You Are', 'Life Events & Experiences', 'Video Gallery', 'Signs & Symptoms', 'Conditions', and 'Resources & Support'. A large banner area contains a 'WELCOME TO MAKE THE CONNECTION' message and a 'CUSTOMIZE THIS SITE FOR YOU' panel with filters for gender, service era, location, and combat exposure. Below this is a video gallery section with a main video player and several smaller video thumbnails. The bottom section is divided into three columns: 'Information for You' with category buttons, 'Connect by Life Events' with a list of topics, and 'Connect with Resources Now' with a list of services and the Veterans Crisis Line logo. A secondary navigation bar is located at the bottom of the page.

Multiple navigation options

Content Filter – Promotes most relevant content for visitors who complete one or all of the filter options

In-depth testimonial gallery

# Veterans Page – Content adjusts to filter settings

Filter Empty

Default content visitors will see when they choose not to complete any filter options

Male, Vietnam Era, USMC, Combat

For older Veterans (based upon era of service) retirement and aging appears. Combat filter selection elevates nightmares and physical injury

Female, OEF/OIF/OND, Army National Guard

OEF/OIF/OND selection elevates recent Veterans and Transitioning from Service is promoted

# Conditions: PTSD Page

Filter Empty

Male, Vietnam Era, USMC, Combat

Female, OEF/OIF/OND, Army, Combat

**PTSD**

**Veterans' Voices on PTSD**

Hear honest and candid descriptions from Veterans of what life was like for them with PTSD. A variety of Veterans—men and women, younger and older—share their emotions, actions, and symptoms; how they learned they had PTSD, and what they did to get on a path to recovery.

Watch Now | See all Videos about PTSD

**What is PTSD?**

You feel on edge. Nightmares keep coming back. Sudden noises make you jump. You're staying at home more and more. Could you have PTSD?

If you have experienced severe trauma or a life-threatening event, you may develop symptoms of posttraumatic stress disorder, PTSD, shell shock, or combat stress. Maybe you felt like your life or the lives of others were in danger, or that you had no control over what was happening. You may have witnessed people being injured or dying, or you may have been physically harmed yourself.

Even though I knew they were just fireworks on the 4th of July, to me they still sounded like incoming mortars. It took me right back to my deployment...

Some of the most common symptoms of PTSD include recurring memories or nightmares of the event(s), sleeplessness, loss of interest, or feeling numb, anger, and irritability, but there are many ways PTSD can impact your everyday life.

Sometimes these symptoms don't surface for months or years after the event or returning from deployment. They may also come and go. If these problems won't go away or are getting worse—or you feel like they are disrupting your daily life—you may have PTSD.

Some factors can increase the likelihood of a traumatic event leading to PTSD, such as:

- The intensity of the trauma
- Being hurt or losing a loved one
- Being physically close to the traumatic event
- Feeling you were not in control
- Having a lack of support after the event

**What are the signs of PTSD?**

**PTSD**

**Combat will change you**

Bill fought in Vietnam, then went back to college after his deployment. He discovered he had become a different person—always on edge, angry for no reason, and out of control. While in the hospital for an operation years later, someone suggested he reach out for help from VA and how to live is a better track.

Watch Now | See all Videos about PTSD

**What is PTSD?**

You feel on edge. Nightmares keep coming back. Sudden noises make you jump. You're staying at home more and more. Could you have PTSD?

If you have experienced severe trauma or a life-threatening event, you may develop symptoms of posttraumatic stress disorder, PTSD, shell shock, or combat stress. Maybe you felt like your life or the lives of others were in danger, or that you had no control over what was happening. You may have witnessed people being injured or dying, or you may have been physically harmed yourself.

Even though I knew they were just fireworks on the 4th of July, to me they still sounded like incoming mortars. It took me right back to my deployment...

Some of the most common symptoms of PTSD include recurring memories or nightmares of the event(s), sleeplessness, loss of interest, or feeling numb, anger, and irritability, but there are many ways PTSD can impact your everyday life.

Sometimes these symptoms don't surface for months or years after the event or returning from deployment. They may also come and go. If these problems won't go away or are getting worse—or you feel like they are disrupting your daily life—you may have PTSD.

Some factors can increase the likelihood of a traumatic event leading to PTSD, such as:

- The intensity of the trauma
- Being hurt or losing a loved one
- Being physically close to the traumatic event
- Feeling you were not in control
- Having a lack of support after the event

**What are the signs of PTSD?**

**PTSD**

**Overcoming PTSD and MST one day at a time**

Besides dealing with stressful combat situations, Tracy felt betrayed by people she thought were her friends and experienced military sexual trauma. With the help of VA, unique Veterans' programs, and supportive family and friends, Tracy continues to move toward a more fulfilling life, every day.

Watch Now | See all Videos about PTSD

**What is PTSD?**

You feel on edge. Nightmares keep coming back. Sudden noises make you jump. You're staying at home more and more. Could you have PTSD?

If you have experienced severe trauma or a life-threatening event, you may develop symptoms of posttraumatic stress disorder, PTSD, shell shock, or combat stress. Maybe you felt like your life or the lives of others were in danger, or that you had no control over what was happening. You may have witnessed people being injured or dying, or you may have been physically harmed yourself.

Even though I knew they were just fireworks on the 4th of July, to me they still sounded like incoming mortars. It took me right back to my deployment...

Some of the most common symptoms of PTSD include recurring memories or nightmares of the event(s), sleeplessness, loss of interest, or feeling numb, anger, and irritability, but there are many ways PTSD can impact your everyday life.

Sometimes these symptoms don't surface for months or years after the event or returning from deployment. They may also come and go. If these problems won't go away or are getting worse—or you feel like they are disrupting your daily life—you may have PTSD.

Some factors can increase the likelihood of a traumatic event leading to PTSD, such as:

- The intensity of the trauma
- Being hurt or losing a loved one
- Being physically close to the traumatic event
- Feeling you were not in control
- Having a lack of support after the event

**What are the signs of PTSD?**

For Vietnam-era Veterans, text referring to PTSD suggests Veterans may have been living with this for many years

When visitor selects female as a filter option, the highlighted video is on PTSD and MST



# Data Page: Guilt

CUSTOMIZE THIS SITE FOR YOU | Change these settings to view content that is most relevant to you. RESET SAVE SETTINGS

I am a  MALE  FEMALE I served during Select an Era I served in Select your Service I was exposed to combat  YES  NO

**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect on Facebook YouTube

TEXT SIZE Search Site GO

Connect By Who You Are Life Events & Experiences Video Gallery **Signs & Symptoms** Conditions Resources & Support

**Guilt** LEARN

**Related Conditions**  
PTSD  
Depression  
Problems with Alcohol  
Problems with Drugs  
View all Conditions

**Related Symptoms**  
Relationship Problems  
Loss of Interest or Pleasure  
Feelings of Hopelessness  
Alcohol or Drug Problems  
View all Signs & Symptoms

**LISTEN**  
Watch videos in the Video Gallery

**LOCATE**  
Find resources near you

Veterans Crisis Line  
1 800 273 8255 PRESS 6

**Anger, guilt, and nightmares after deployment**  
Aaron returned from Iraq and went straight into a civilian job, riding on a "get the job done" mentality. Then his wife began noticing how things didn't seem quite right. He was angry and resentful. Aaron remembers having survivor's guilt and vivid nightmares of being back in Iraq.  
Watch Now | See all Videos about Guilt

**What is guilt?**  
Do you blame yourself for things that happened in the past, whether or not you were somehow at fault or even involved? Maybe you feel as if there was something more you could have or should have done to prevent a tragic event. Perhaps you've done things you're not proud of and you can't seem to get those things off your mind.  
Guilt is a feeling of responsibility for bad events, whether that feeling of responsibility is realistic or not. Some Veterans feel guilt because of something that happened in a military situation, such as an injury to a buddy in their unit, friendly fire, or civilian deaths. Other Veterans may feel guilt because of events that happened outside of the military. In addition, some Veterans may experience survivor guilt. Survivor guilt symptoms include feeling responsible for surviving when others did not, wishing that you had died instead of others, or thinking you didn't deserve to survive.  
Guilt can interfere with your everyday activities, and it makes it hard for some people to get through the day. Guilt may be related to stress and anxiety, or depression. Some people may try dealing with guilt temporarily by turning to alcohol or drugs in order to forget, or to feel better for a little while. Others may become withdrawn or irritable, or feel like their life has lost meaning. This can strain your personal relationships and may make it hard to keep a job or to go to school.

"It took me a long time to accept that I wasn't responsible, but I still see his brand new boots and his shiny dog tags."

"The folks at the VA helped me to understand I wasn't in control of everything that went on around me in Vietnam and that bad things happen to good people. Even when you do everything right, really bad things can happen. They helped me to learn that it's okay to think about these things and to remember these things."

## If I'm experiencing guilt, what can I do about it right away?

BACK TO TOP

If you find yourself living with guilt about a past action or inaction, try to set aside time to think about your feelings. The following steps might help you cope with the guilt you feel:

- Write a list of what you think you should have done and what you think you should not have done during the event
- Remind yourself that everyone has things they would do differently if given the chance—but that no one can change the past or predict the future. Many things that look clear now would have been impossible to predict at the time
- Identify any regrets you can act upon in a productive way, such as finding a way to pay tribute to the fallen
- Forgive yourself for the regrets you cannot correct—you might talk to a chaplain about how to move forward with forgiveness
- Discuss what actually happened with others who were there—sometimes guilt can change the way you remember things and make you feel more responsible than you actually are
- Remind yourself that what's done is done—you did the best you could, given your circumstances at the time

# Video Gallery

**Video Filter** – Allows visitor to quickly sort to most relevant videos by demographics, life events, signs & symptoms, conditions, and story type



**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect on Facebook YouTube

TEXT SIZE Search Site GO

Connect By Who You Are Life Events & Experiences **Video Gallery** Signs & Symptoms Conditions Resources & Support

### Stories of Connection

Story Gallery: Choose from the options below to view Veteran stories on topics you are most interested in. You can sort videos on as many or as few options as you'd like—simply check the boxes for subjects you're interested in. The Stories of Connection will automatically adjust based on your preferences. Find the Stories of Connection that speak to you the most.

Gender:  BOTH  MALE  FEMALE  
Era: (1960-1975) Vietnam War  
Branch of Service: All  
Combat Experience:  BOTH  YES  NO

LIFE EVENTS & EXPERIENCES SIGNS & SYMPTOMS CONDITIONS STORY TYPE

- Alcohol or Drug Problems
- Difficulty Concentrating
- Flashbacks
- Loss of Interest or Pleasure
- Relationship Problems
- Anger and Irritability
- Dizziness
- Gambling
- Nightmares
- Social Withdrawal / Isolation
- Chronic Pain
- Feeling on Edge
- Guilt
- Noise or Light Irritation
- Stress and Anxiety
- Confusion
- Feelings of Hopelessness
- Headaches
- Reckless Behavior
- Trouble Sleeping

Showing 12 of 12 matching stories CLEAR GALLERY SETTINGS

MY STORY, MY CONNECTION  
"I knew that if the troops I'd see could talk, they'd say 'Come on, you're living for me now. Pick up your game.'  
Jack U.S. MARINE CORPS

Discovering how to belong again after deployment  
It was a wound that hurt more than the shrapnel

Combat will change you  
I was waiting for that next adrenaline rush  
All I had to do was reach out  
You need to ask for help

His Veterans friends told him he needed help  
The courage to reach out for support  
Healing and wholeness after MST  
Veterans on taking steps to improve relationships

Finding ways to deal with feeling on edge

Showing 12 of 12 matching stories LOAD MORE STORIES

# Video Gallery

Filter: Male, Family & Relationships, Financial & Legal Issues

**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect By: Who You Are | Life Events & Experiences | **Video Gallery** | Signs & Symptoms | Conditions | Resources & Support

**Stories of Connection**

Story Gallery: Choose from the options below to view Veteran stories on topics you are most interested in. You can sort videos on as many or as few options as you'd like—simply check the boxes for subjects you're interested in. The Stories of Connection will automatically adjust based on your preferences. Find the Stories of Connection that speak to you the most.

Gender:  BOTH  MALE  FEMALE  
Era: All  
Branch of Service: All  
Combat Experience:  BOTH  YES  NO

**LIFE EVENTS & EXPERIENCES** | **SIGNS & SYMPTOMS** | **CONDITIONS** | **START TYPE**

Death of Family or Friends  Family and Relationships  Financial and Legal Issues  Homelessness  
 Jobs and Employment  Physical Injury  Preparing for Deployment  Retirement and Aging  
 Spirituality  Student Veterans / Higher Education  Transitioning from Service

Showing 24 of 42 matching stories CLEAR GALLERY SETTINGS

Grid of 24 video thumbnails with titles such as: "I was in combat", "Sometimes it's more than a physical injury", "Treatment got him from rock bottom to living well", "Courage is the ability to face adversity, even if it's within yourself", "Righting the course after money and legal trouble", "They called it a hard, hard landing...", "Learning how to let go of fear", "VA taught Richard how to manage his triggers", "A haunting trip was the turning point for Jane", "Building the grip of nightmares and flashbacks", "He once felt hopeless, then found his way back from VA", "A trained therapist helped heal many wounds", "I talked to someone at VA and I'm better for it", "Finding strength in family support", "Our best support is each other", "You and the same person I was before", "Coping with PTSD and TBI as a family", "Sometimes you can't do it alone", "New stressors can bring back old memories", "Getting help to those who don't deserve it", "Deploying for hurricane relief impacted home life", "Don't deny yourself access to good programs", "Long brutal combat stress remains after 9/11", "His brother's death was the turning point."

Showing 24 of 42 matching stories LOAD MORE STORIES

Filter: Female

**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect By: Who You Are | Life Events & Experiences | **Video Gallery** | Signs & Symptoms | Conditions | Resources & Support

**Stories of Connection**

Story Gallery: Choose from the options below to view Veteran stories on topics you are most interested in. You can sort videos on as many or as few options as you'd like—simply check the boxes for subjects you're interested in. The Stories of Connection will automatically adjust based on your preferences. Find the Stories of Connection that speak to you the most.

Gender:  BOTH  MALE  FEMALE  
Era: All  
Branch of Service: All  
Combat Experience:  BOTH  YES  NO

**LIFE EVENTS & EXPERIENCES** | **SIGNS & SYMPTOMS** | **CONDITIONS** | **START TYPE**

Death of Family or Friends  Family and Relationships  Financial and Legal Issues  Homelessness  
 Jobs and Employment  Physical Injury  Preparing for Deployment  Retirement and Aging  
 Spirituality  Student Veterans / Higher Education  Transitioning from Service

Showing 24 of 55 matching stories CLEAR GALLERY SETTINGS

Grid of 24 video thumbnails with titles such as: "It's amazing what you can do by just talking and owning your own story", "VA doctors understand the stress my family faced", "Memories may surface during unexpected peace", "There are a lot of things at VA and within your community that you can do to help Veterans", "Managing the transition to the civilian world", "Jesse felt out of place in the civilian world", "Recognizing he needed help was hard for her husband", "Reaching out can be what's best for your family", "A Veteran doesn't always ask for help", "Tara describes Justice's nightmares and triggers", "Reconnecting with family after deployment", "New purpose in life after a traumatic experience", "You don't come back on the same person", "Responding to memory loss with family", "Sometimes it's hard connecting with children", "Dealing with grief with unexpected losses", "I got to speak with heroes and they're still here", "Missing your way back into the family", "Find the best plan for transition challenges", "I refused to leave my life back", "Trying to overcome isolation and reach out", "Learning to adjust to parenthood", "I thought I don't have PTSD, that's not me", "Put those emotions somewhere positive."

Showing 24 of 55 matching stories LOAD MORE STORIES



# Video Player

Light Window: JavaScript Enabled Visitors

The screenshot shows a video player window titled "Righting the course after money and legal trouble" featuring Brent. The video player includes a play button, a progress bar at 0:00 / 0:41, and a volume icon. To the right of the video player are buttons for "VIEW PAGE" and "SHARE". Below the video player, the name "Brent" is displayed, followed by his military service: "U.S. ARMY, ARMY RESERVE / NATIONAL GUARD, POST-VIETNAM WAR". A short bio states: "After returning from deployment, Brent's battle had only just begun. He turned to drinking to deal with stress. He bounced between jobs and relationships while trying to cope with flashbacks, financial problems, and depression—until he finally reached out for help from VA and learned how to get his life on course to a better place." Below the bio is a "Learn more about" section with a grid of links: "Transitioning from Service", "Jobs and Employment", "Financial and Legal Issues", "Physical Injury", "Relationship Problems", "Nightmares", "Feelings of Hopelessness", "Flashbacks", "Depression", and "Problems with Alcohol". At the bottom of the window, there is a section for "Additional content related to this story" with three small video thumbnails: "He once felt hopeless, then Brent got help from VA", "Recovering from flashbacks and nightmares", and "I talked to someone at VA and I'm better for it".

HTML Only Page: JavaScript Disabled Visitors

The screenshot shows the homepage of the Make The Connection website with JavaScript disabled. At the top, there is a navigation bar with "CUSTOMIZE THIS SITE FOR YOU" and "RESET" / "SAVE SETTINGS" buttons. Below this are filters for "I am a" (MALE, FEMALE), "I served during" (Select an Era), "I served in" (Select your Service), and "I was exposed to combat" (YES, NO). The main header features the "MAKE THE CONNECTION" logo and the tagline "Shared experiences and support for Veterans". A navigation menu includes "Connect By" (Who You Are, Life Events & Experiences, Video Gallery, Signs & Symptoms, Conditions, Resources & Support). The main content area displays the video player for Brent, with a bio and a "Learn more about" section. To the right of the video player is a "LOCATE" section with a map and the text "Find resources near you". Below the video player is a "Related Stories" section with three story thumbnails: "Brent: He once felt hopeless, then Brent got help from VA", "Brent: Recovering from flashbacks and nightmares", and "Stephen: Don't be afraid to talk about what bothers you". At the bottom, there is a "LISTEN TO MORE RELATED STORIES" button.

# Resource Locator

**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect on Facebook YouTube

TEXT SIZE Search Site GO

Connect By Who You Are Life Events & Experiences Video Gallery Signs & Symptoms Conditions **Resources & Support**

## Resources and Support

### Locate Information and Resources

No matter what you may be experiencing, there is support for getting your life on a better track. Many, many Veterans have found the strength to reach out and make the connection. To find the Veteran resources most helpful for you, fill in your zip code or state below and then check the boxes to indicate the programs or topics you are interested in learning more about.

**U.S. Department of Veterans Affairs Resources** OR **National Resource Directory Resources**

**1 Choose Location**

Search by Zip Code [ ] within [100] miles  
Or Search by State [Select State]

**2 Choose Resources** SHOW DESCRIPTIONS

VA Medical Centers  
 Outpatient Clinics  
 Vet Centers  
 PTSD Program

Suicide Prevention Coordinators  
 VA Chaplains  
 Veterans Benefits Administration Offices  
 All VA Resources

**FIND VA RESOURCES**

First, enter a search term [ ]

Then, select categories to search by checking the boxes below

Benefits & Compensation  
 Education & Training  
 Employment  
 Family & Caregiver Support  
 Health  
 Homeless Assistance  
 Housing  
 Transportation & Travel  
 Other Services & Resources  
 All NRD Resources

**FIND NRD RESOURCES**

### Resources and Support

**Treatment and Recovery**  
For every condition there are a number of effective treatments that can help you cope with symptoms and greatly improve your quality of life. Learn more about the journey to recovery.  
**View Treatment and Recovery**

**Take a Self-Assessment**  
Taking a self-assessment can help you find out if your feelings and behaviors may be related to treatable conditions.  
**Start Self-Assessment**

**More Resources and Support**  
★ Self-Help Information  
★ Recovery Information  
★ VA Information & Resources  
★ Materials to Help Spread the Word  
**Veterans Crisis Line**  
1-800-273-8255 Press 63

VA Resources



NRD Resources

# Locator Results

## Results: VA Resources

**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect on Facebook YouTube

TEXT SIZE Search Site GO

Connect By: Who You Are Life Events & Experiences Video Gallery Signs & Symptoms Conditions **Resources & Support**

**Search Results**

Refine Search

**U.S. Department of Veterans Affairs Resources**  
9 results found in DE HIDE ALL / SHOW ALL

**Location**

Search by Zip Code

within 100 5 miles

Or Search by State

Delaware 4

**Resources**

- VA Medical Centers
- Outpatient Clinics
- Vet Centers
- PTSD Program
- Suicide Prevention Coordinators
- VA Chaplains
- Veterans Benefits Administration Offices
- All VA Resources

LOCATE RESOURCES

**National Resource Directory Resources**

**VA Medical Centers** HIDE

**Wilmington VA Medical Center**  
Wilmington, DE 19805  
p. 302-994-2311 Or 800-461-8252  
www.wilmington.va.gov

**Outpatient Clinics** HIDE

**Dover VA Outpatient Clinic**  
Dover, DE 19901  
p. 302-994-2311 X.2400 Or 800-461-8262 X.2400

**Georgetown VA Outpatient Clinic**  
Georgetown, DE 19947  
p. 302-994-2311 X.5251 Or 800-461-8262 X.2300

**Vet Centers** HIDE

**Wilmington Vet Center**  
Wilmington, DE 19808  
p. 302-994-1660

**Suicide Prevention Coordinators** HIDE

**Johnson, Kent**  
Wilmington, DE 19805  
p. 302-994-2311 Or 800-461-8252  
F. 302-633-5429  
Kent.Johnson@va.gov

**VA Chaplains** HIDE

**Connery, Sean P.**  
Wilmington, DE 19801  
p. 302-994-2311 x5433

**Hamilton, Donald E.**  
Wilmington, DE 19801  
p. 302-994-2311 x4052

**Harmon, Janet**  
Wilmington, DE 19801  
p. 302-994-2311 x4059

**Veterans Benefits Administration Offices** HIDE

**Wilmington Regional Office**  
Wilmington, DE 19805  
p. 800-827-1000

## Results: NRD Resources

**MAKE THE CONNECTION**  
Shared experiences and support for Veterans

Connect on Facebook YouTube

TEXT SIZE Search Site GO

Connect By: Who You Are Life Events & Experiences Video Gallery Signs & Symptoms Conditions **Resources & Support**

**Search Results**

Refine Search

**National Resource Directory Resources**  
64 resources found Government Resource

Find these keywords

suicide

**Within these subjects**

- Benefits & Compensation
- Education & Training
- Employment
- Family & Caregiver Support
- Health
- Housing Assistance
- Housing
- Transportation & Travel
- Other Services & Resources
- All NRD Resources

LOCATE RESOURCES

**U.S. Department of Veterans Affairs**

1 2 3 4 5 6 7 8 NEXT >>

**Air Force Crossroads - Health**  
Provides information on medical and dental care, stress management and suicide prevention, specifically for members of the Air Force.  
www.afcrossroads.com

**Air Force Suicide Prevention Program**  
Provides information and tools to members of the Air Force community to help reduce Air Force suicides.  
afapp.af.mil

**American Association of Suicidology (AAS)**  
Promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.  
www.aasidology.org

**American Foundation for Suicide Prevention (AFSP)**  
Dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those impacted by suicide.  
www.afsp.org

**Army Behavioral Health**  
Learn about post-traumatic stress disorder (PTSD), traumatic brain injury (TBI) and suicide prevention. Includes help for children, couples and extended families.  
www.behavioralhealth.army.mil

**Army Behavioral Health**  
Find information for Army soldiers and their families on health issues, including PTSD, pre- and post-deployment stress screening and suicide prevention.  
www.behavioralhealth.army.mil

**Camp Lejeune - Counseling Services**  
Provides information on counseling services. Find information on suicide awareness and prevention, along with links to related topics.  
www.mcclellane.com

**Central Washington Comprehensive Mental Health**  
Access resources for suicide prevention, psychiatric counseling, domestic violence help, alcohol and drug addiction, and jail diversion.  
www.ccmh.org

**Coast Guard Suicide Prevention Program - 1-800-222-0364**  
Provides training and response to suicidal behavior with an emphasis on awareness and prevention.  
www.uscg.mil

**Friends for Survival**  
Provides a variety of peer support services that comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss and educate the entire community regarding the impact of suicide.

