



# NJANG RESOURCES



## Internet resources

## Phone numbers

## Wellness Apps

(Apple and Android capable)

### Military and Veterans Crisis Line:

<https://www.veteranscrisisline.net/>

### Military OneSource:

<https://www.militaryonesource.mil/>

### TRICARE guidance:

<https://www.tricare.mil/>

### Vet Centers Locator:

<https://www.vetcenter.va.gov/>

### VA Offices State Locator:

<https://www.va.gov/find-locations>

### PTSD: National Center for PTSD

<https://www.ptsd.va.gov/>

### Tragedy Assistance Program for Survivors (TAPS)

<https://www.taps.org/>

### Suicide Prevention Lifeline:

<https://suicidepreventionlifeline.org/>

### NJ 211 Partnership Services:

<https://www.nj211.org/>

### NJVets2Vets

<https://www.njvet2vet.com/>

### Cop2Cop

<https://njcop2cop.com/>

### AF Resiliency Resources

<https://www.resilience.af.mil/>

### NAMI

<https://nami.org/Home>

### Military and Veterans Crisis Line:

1-800-273-8255 (TALK) PRESS 1  
text 838255

### Military OneSource:

1-800-342-9647

### Tricare EAST:

1-800-444-5445

### US Family Health Plan:

1-800-748-7347

### NJ Vet2Vet Peer call line:

1-866-838-7654

### NJ Vet Center 1-877-WAR-VETS

1-877-927-8387

**EHT:** 609-487-8387

**Trenton:**

609--882-5744

**Philadelphia:**

215-627-0238

**Lakewood:**

908-607-6364

**Bucks County:**

215-823-4590

**Northeast Philadelphia:**

215-924-4670



### SAMHSA

#### Disaster App

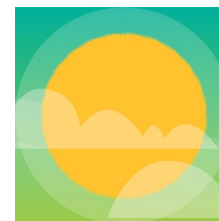
Behavioral Health Disaster Response App—prepare to deploy, On-Ground Assistance & Post-deployment guide



Objective Zero - Enhances social connectedness and access to suicide prevention resources



Psychological First Aid— assists with administering PFA during a response event



COVID Coach—for everyone, including Veterans and Service Members, to support self-care and overall mental health during the coronavirus