

Veterans, Service Members, Their Families and Caregivers Programs/Activities/Resources

Below are recommended programs for Veterans, Service members their families and caregivers.

- [NAMI Homefront](#) is a class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran.
- [NAMI Family to Family](#) is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members.

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- [NAMI Share your Story](#) sharing your story about your personal experience with mental health challenges is a great way to encourage others to talk about what they're experiencing. When more people share stories of recovery, struggle or hope, it lets all of us know that we're not alone.
- [NAMI Walks](#) support the mission-driven work of our NAMI organizations, which host education programs, facilitate support groups, provide mental health trainings, advocate for access to services, and offer a compassionate place to turn for the millions of Americans living with mental illness.

Below are recommended resources If you or someone you know needs help.

- [Veterans Crisis Line](#) connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.
- [NAMI Help Line](#) can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264). Help Line staff and volunteers are prepared to answer your questions about mental health issues including:
 - Symptoms of mental illness
 - Treatment options
 - Local support groups and services
 - Education programs
 - Helping family members get treatment
 - Programs to help find jobs
 - Legal issues (the NAMI Legal Resource Service can connect individuals with attorneys in their area but does not have the resources to provide individual representation)

We are unable to provide counseling or therapy, cannot provide specific recommendations for things like treatment or do individual casework, legal representations or other individual advocacy. In the event of a crisis call, we will transfer callers in crisis or suicidal situations to a national crisis line to provide.