**Strong Bonds**  
Website: www.strongbonds.org  
Phone: 404-464-8475  
Description: Strong Bonds empowers soldiers and their loved ones with relationship-building skills and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Army families, even those near crisis.

**TRICARE Assistance Program**  
Website: www.tricare.mil/triap  
Phone: 800-404-5085  
Description: This new service uses evolving telecommunication technologies to bring behavioral health care closer to TRICARE beneficiaries.

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**TRICARE Assistance Program**  
Website: www.dcoe.health.mil  
E-mail: resources@dcoeoutreach.org  
Phone: 866-966-1020  
Description: The DCoE Outreach Center specializes in providing in-depth information and resources related to the spectrum of psychological health matters and traumatic brain injury.

**Additional DCoE Websites**

- **The inTransition program**, www.health.mil/inTransition, facilitates the seamless continuation of care for service members who receive mental health treatment and face a transition (e.g., call to active duty, relocation, retirement, etc.).
- **The Real Warriors Campaign**, www.realwarriors.net/, is an initiative which promotes the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.
- **Afterdeployment.org**, www.afterdeployment.org/, helps warriors and their loved ones manage the challenges they often face following a deployment.
- **Defense and Veterans Brain Injury Center**, www.dvbic.org/, serves active-duty military, their beneficiaries and veterans with TBIs through state-of-the-art clinical care, innovative clinical research initiatives and educational programs.
- **Center for Deployment Psychology**, wwwdeploymentpsych.org/, trains military and civilian behavioral health professionals to provide high-quality, deployment-related behavioral health services to military personnel and their families.
Army Wounded Warrior Program

Website: www.aw2.army.mil
E-mail: AW2@iconus.army.mil
Phone: 800-237-1336

Description: The U.S. Army Wounded Warrior Program is the official Army program that serves severely wounded, ill and injured soldiers, veterans and their families, wherever they are located, regardless of military status as long as they need support. It connects them with benefits and services on subjects like career and education, finance, health care, human resources, retirement and transition services for families.

Army Reserve Warrior and Family Assistance Center

Website: www.arp.org/skins/ARFP/home.aspx?mode=user
E-mail: AR-WAC/GCUSA/R/ARMY.MIL
Phone: 866-345-8246

Description: This program helps coordinate care for Army National Guard and Reserve components.

Coping With Deployment: Psychological First Aid for Military Families Course

Website: www.redcross.org/portal/site/en/menuitem.d8aaecf214c576e9714d1c56318aff5b4?vgnextoid=0742c07a8f73e3210VgnVCM10000089f0870aRCRD&vgnextfmt=def

Description: This free four-hour course is available for family members of deployed, or soon-to-be-deployed service members. It teaches adults how to deal with children's needs during deployment and provides resiliency strategies for adults and children.

DoD Yellow Ribbon Reintegration Program

Website: www.dodyellowribbon.org/
E-mail: YRP@dod.mil
Phone: 866-504-7092

Description: This program is a national combat veteran reintegration program to provide members of the National Guard and Reserve components and their families with sufficient information, services, referrals, and proactive outreach opportunities throughout the entire deployment cycle.

Navy Safe Harbor – Wounded, Ill and Injured Support

Website: www.persnet.navy.mil/CommandSupport/SafeHarbor
E-mail: safeharbor@navy.mil
Phone: 877-746-8563

Description: Navy Safe Harbor is the Navy’s lead organization for coordinating the non-medical care of wounded, ill and injured sailors, coast guardmen and their families. Through proactive leadership, they provide a lifetime of individually tailored assistance designed to optimize the success of shipmates’ recovery, rehabilitation and reintegration activities.

Operation Healthy Reunions

Website: www.nmha.org/reunions/resources.cfm
Phone: (800) 969-6642

Description: Operation Healthy Reunions is a program offered by Mental Health America. It provides education, resources and attempts to reduce stigma associated with receiving mental health services among service members, their families and providers.

Our Military Kids

Website: www.ourmilitarykids.org/
Phone: (866) 691-6654

Description: Our Military Kids provides tangible support to the children of deployed and severely injured members of the National Guard and Reserve components through grants for sports, fine arts and tutoring that nurture and sustain the children during the time a parent is away in service to our country.

Resilience Training

Website: www.resilience.army.mil/
E-mail: resilience@amedd.army.mil
Description: This program reflects a strength-based, positive psychology approach to warrior behavioral health. It is designed for warriors, leaders, spouses, families and behavioral health providers.