

When Families Share a Soldier's Stress: Helpful Information and Practical Skills for Military Families with Secondary Trauma:

Online Resources for Families and Professionals

After Deployment: wellness resources for the military community. <http://afterdeployment.dcoe.mil/>

Aromatherapy Can Help PTSD: a non-medical approach <http://achs.edu/mediabank/files/aromatherapycanhelpptsd.pdf>

Family of a Vet: information and coping strategies for families dealing with PTSD and

TBI. http://www.familyofavet.com/secondary_ptsd.html

Give an Hour: free mental health services to military veterans and families. <https://www.giveanhour.org/>

Military OneSource: a free service that helps military families with concerns ranging from simple to more complex. They are available 24 hours a day by telephone (call 1-800-342-9647) and online. <http://www.militaryonesource.mil/>

National Child Traumatic Stress Network: access to care, treatment, and services for traumatized children and adolescents; resources for military children and families. <http://www.nctsn.org/resources/topics/military-children-and-families>

<http://nctsn.org/sites/default/files/assets/pdfs/mfchildmaltreatment.pdf>

Veterans Administration Resources

- **Coaching into Care:** a free, confidential coaching service to help callers discover new ways to talk with a Veteran in their life about their concerns and about treatment options. <http://www.mirecc.va.gov/coaching/>
- **Get Help Now:** offers immediate links to sources of help. <http://www.mentalhealth.va.gov/gethelp.asp>
- **Mental Illness Research, Education and Clinical Centers (MIRECC):** research on causes and treatments of mental disorders; education for implementing new knowledge in clinical practice in the VA. <http://www.mirecc.va.gov/index.asp> Stress and Mental Health. <http://www.mirecc.va.gov/cesamh/>
- **National Center for PTSD:** research and education on trauma and PTSD, offered for professionals and the general public. <http://www.ptsd.va.gov>
<http://www.ptsd.va.gov/public/family/index.asp>
http://www.ptsd.va.gov/professional/treatment/family/partners_of_vets_research_findings.asp
- **Published International Literature on Traumatic Stress (PILOTS):** electronic index to the worldwide literature on PTSD and other mental health consequences of exposure to traumatic events. <http://www.ptsd.va.gov/professional/pilots-database/index.asp>
- **PTSD Coach Online:** for anyone who needs help with upsetting feelings. Trauma survivors, their families, or anyone coping with stress can benefit. Produced by the National Center for PTSD. <http://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm>
- **VA Caregiver Support:** support for families caring for a Veteran. VA Caregiver Support Line (1-855-260-3274) or online: <http://www.caregiver.va.gov/>

Videos of varying length describe STS and PTSD:

- **Children and Trauma:** <http://www.ptsd.va.gov/public/materials/videos/children-trauma.asp>
- **Caring for a Veteran with PTSD? You're at risk!:** https://www.youtube.com/watch?v=X2eeV_ZIyWQ
- **Whiteboard Videos:** <http://www.ptsd.va.gov/public/materials/videos/whiteboards.asp>