



Department of Defense Resources and Services:

- ***Direct link to United States military benefits page for active, reserve, and veteran service members:*** <https://www.ebenefits.va.gov/ebenefits/homepage>

- ***The United States Department of Defense*** - for active/reserve/veteran service members: <https://www.defense.gov/>

- ***The California Department of Veterans Affairs:*** <https://www.calvet.ca.gov/>
 - [CalVet Resources Handbook 2016](#) – A PDF link to the annual resource and benefit guide for veterans in California

- ***The United States Department of Veterans Affairs:*** <https://www.va.gov/>
 - [USVA Resource Handbook](#) - A PDF link to the annual resource and benefit guide for veterans in any state.

- ***Employer Support of the Guard and Reserve (ESGR)*** - Department of Defense office for promoting cooperation and understanding between reserve service members and their civilian employers: <http://www.esgr.mil/>

- ***Military OneSource*** - Information, resources and support for many aspects of military life: <http://www.militaryonesource.mil/>

- ***The Yellow Ribbon Reintegration Program*** - Service members and loved ones connect with local resources before, during, and after deployments: <http://www.yellowribbon.mil/yrrp/>

- ***After Deployment*** – Initiative from the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) providing self-care solutions targeting post-traumatic stress, depression, and other behavioral health challenges common to military life: <http://afterdeployment.dcoe.mil/>



- ***Real Warriors Campaign*** - Initiative launched by DCoE to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families: <http://www.realwarriors.net/>
- ***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: <https://www.veteranscrisisline.net/>

Military Support Services, Organizations and Agencies:

- ***Joint Services Support*** – Advocacy support for National Guard service members, veterans and their families: <https://www.jointservicesupport.org/Default.aspx>
- ***Families Over-Coming Under Stress (FOCUS)*** - Resilience training and resources to military children and families: <http://www.focusproject.org/>
- ***Zero to Three*** - Military and veteran families support: <https://www.zerotothree.org/parenting/military-and-veteran-families-support>
- ***Hidden Heroes*** - A resource site for military caregivers: <https://hiddenheroes.org/about/> ***Blue Star Families*** – This group of military family members provides a bridge the gap between military family communities and the general public. Free resources and information: <https://bluestarfam.org/>
- ***Everyone Serves Handbook*** – A supportive guide to pre-, current, and post-deployment for the service member family. Provided by Blue Star Families: <https://everyoneservesbook.com/downloads/EveryoneServes.pdf>
- ***National Military Family Association*** – Advocacy group for military members and families. Member of the Defense Department’s Military Spouse Employment Partnership: <http://www.militaryfamily.org/>