# Afghanistan Resources

## Veteran and Service Member Resources and Support for Afghan Refugees

Veteran and Service Member Resources

* Articles and Messages of Support
	+ Afghanistan: How Veterans can reconcile service
		- A four-part series about Afghanistan Veterans and how they can get help through VA.
		- <https://blogs.va.gov/VAntage/92631/afghanistan-how-veterans-can-reconcile-service/>
	+ VA News – Let’s Talk About It
		- <https://content.govdelivery.com/accounts/USVA/bulletins/2ecff31>
	+ Coping with current events in Afghanistan
		- <https://blogs.va.gov/VAntage/93472/coping-with-current-events-in-afghanistan/>
	+ Coping with Current Events in Afghanistan – PTSD
		- <https://www.ptsd.va.gov/gethelp/veterans_coping_events.asp>
	+ Helping Survivors: Early Interventions Following Disaster and Mass Violence
		- https://www.ptsd.va.gov/professional/treat/type/disaster\_earlyintervention\_tx.asp
* Mental Health and Community Support Resources
	+ Veterans Crisis Line
		- If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 or visit http://www.veteranscrisisline.net/
		- For emergency mental health care, you can also go directly to your local VA medical center 24/7 regardless of your discharge status or enrollment in other VA health care.
		- https://www.va.gov/find-locations/
	+ Vets for Warriors
		- [www.vets4warriors.com](http://www.vets4warriors.com)
		- 855.838.8255
	+ Military OneSource
		- www.militaryonesource.mil
		- 800-342-9647
	+ Vet Centers - Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans.
		- Call 1-877-927-8387 or find one near you.
			* https://www.va.gov/find-locations/
	+ VA Mental Health Services Guide - This guide will help you sign up and access mental health services.
		- https://www.va.gov/files/2020-11/mental-health-quick-start-guide.pdf
	+ MakeTheConnection.net
		- Information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues.
	+ RallyPoint - Talk to other Veterans online.
		- Discuss: What are your feelings as the Taliban reclaim Afghanistan after 20 years of US involvement?
			* <https://www.rallypoint.com/answers/what-are-your-feelings-as-the-taliban-reclaim-afghanistan-after-20-years-of-us-involvement>
	+ Download VA's self-help apps - Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time.
		- https://www.ptsd.va.gov/appvid/mobile/
	+ Tragedy Assistance Program for Survivors (TAPS)
		- Request a Peer Mentor
			* https://www.taps.org/requestapeermentor
	+ VA Women Veterans Call Center
		- Call or text 1-855-829-6636 (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)
	+ VA Caregiver Support Line
		- Call 1-855-260-3274 (M-F 8AM - 10PM & SAT 8AM - 5PM ET)
	+ Together We Served
		- Find your battle buddies through unit pages
		- https://blogs.va.gov/VAntage/73552/together-served-provides-virtual-base-connecting-veterans/
	+ George W. Bush Institute
		- Need help or want to talk?
		- Check In or call:1-630-522-4904 or email: checkin@veteranwellnessalliance.org
	+ Elizabeth Dole Foundation Hidden Heroes
		- Join the Community
			* https://hiddenheroes.org/join-our-community/
	+ American Red Cross Military Veteran Caregiver Network
		- Peer Support and Mentoring
			* https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html
	+ Team Red, White & Blue
		- Hundreds of events weekly. Find a chapter in your area.
		- https://www.teamrwb.org/chapter-locator/
	+ Student Veterans of America
		- Find a campus chapter to connect with.
			* https://studentveterans.org/chapters/find-a-chapter/
	+ Team Rubicon - Find a local support squad.
		- https://teamrubiconusa.org/support-squad/

Afghan Refugee Support

* Team Rubicon
	+ UNITED WE HELP THE PEOPLE OF AFGHANISTAN
		- Team Rubicon is in coordination with the Department of Defense and other organizations to meet the humanitarian needs unfolding.
		- The relocation of Afghan families into communities across the United States creates an opportunity for each of us to stand up and assist people in need.
	+ For direct donations of goods and funding, please go to the Team Rubicon website:
		- <https://teamrubiconusa.org/resettlement>
			* This includes an Amazon list of items that will be provided to refugees at Camp Atterbury
* American Red Cross
	+ The American Red Cross is supporting evacuation efforts for thousands of people following the unrest in Afghanistan. Families are facing so much uncertainty, so the Red Cross is doing everything it can to provide comfort, care and a level of normalcy. Nearly 300 Red Cross volunteers are responding to the needs of U.S. citizens and others who have evacuated Afghanistan. The Red Cross is temporarily caring for evacuees being sheltered at military bases around the United States, at the request of the Department of Defense (DoD).
	+ The Indiana Region of the American Red Cross is providing support to the operation at Camp Atterbury, primarily by providing subject matter expertise around sheltering and mass care, and procuring and distributing items such as personal care items (toothbrushes, hygiene kits), clothing and durable medical equipment.
	+ You can help as described below:
		- Hoosiers are anxious to help our new guests and have expressed a desire to donate household goods, food, etc. The Red Cross does not have the capacity to process or distribute donated items. We are actively discouraging the donation of any physical items at this time.
		- Instead, we're encouraging Hoosiers to contribute to the Red Cross’s humanitarian efforts by making a financial donation at the below website, which has been set up for the Hoosiers to support this operation https://www.redcross.org/donate/cm/indiana-pub.html/. Hoosiers may also contact our Indianapolis office to donate at 1-888-684-1441.
		- Our need for funding around this operation is urgent. Therefore, we ask that you please share this information widely in your networks to encourage donation.
		- If your workplace is interested in a corporate gift or supporting employee donations, please contact Steve Spinner - steven.spinner@redcross.org

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*For questions, comments, and additions, please contact Sylvia Maixner, Indiana State Coordinator for Building Healthy Military Communities at smaixnerbhmc@gmail.com*