



HAVE YOU OR A LOVED ONE EVER SERVED IN THE MILITARY?

In 2020, Maryland accepted the U.S. Substance Abuse and Mental Health Services Administration/U.S. Department of Veterans Affairs invitation to participate in the Governor's Challenge to Prevent Suicide among Service Members, Veterans and Families (SMVF)

Maryland is home to
385,000 veterans
30,000 active duty service members
18,000 reservists/national guard
130,000 veteran households with children
60,000 reserve/national guard/active duty dependents



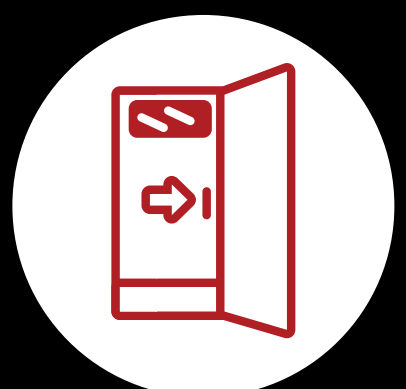
- Only 40% of MD veterans are enrolled in the VA healthcare system**
- Veterans represented 17.4% of MD suicide deaths in 2018**
- Nationally, 40% of veterans lost to suicide are not enrolled in the VA healthcare system**

Not feeling understood is one of the key barriers for SMVF seeking civilian services.



- Training on military culture promotes understanding**
- Asking the question strengthens the conversation**
- Educating on resources enhances connections**

The Ask the Question Campaign focuses on asking the question at places where customers are receiving services in the community including healthcare, human services, libraries, the justice system and more



SERVICE MEMBER, VETERAN, AND FAMILY RESOURCES

BENEFITS

- For assistance with U.S. Department of Veterans Affairs (USDVA) benefits applications, veterans and family members can call the Maryland Department of Veterans Affairs Service and Benefits Program at 800-446-4926, ext. 6450.
- To contact the USDVA directly with benefits questions, veterans and family members can call 800-827-1000.

EMPLOYMENT

To access employment resources, job training and apprenticeship programs, veterans, National Guard and Reserve components, and transitioning service members can contact any Maryland Department of Labor American Job Center location for information on their veterans program. To learn more visit <http://labor.maryland.gov/employment/veteranservices.shtml>

BEHAVIORAL HEALTH

- To access behavioral health (mental health and substance use) services, as well as wrap around service referrals; service members, veterans and family members can contact Maryland's Commitment to Veterans, a Maryland Department of Health Program at 877-770-4801.
- To access readjustment counseling for eligible veterans, active duty service members, including National Guard and Reserve components, and their families as well as counseling for survivors of military sexual trauma contact the USDVA Combat Call Center at 877-WAR-VETS (927-8387).

USDVA HEALTHCARE ENROLLMENT

To enroll in USDVA Healthcare, veterans should contact one of three USDVA Healthcare Systems (based on where they live):

- Central Maryland/Eastern Shore:
Contact the VA Maryland Healthcare System at 877-222-8387
- Western Maryland:
Contact the Martinsburg VA Medical Center at 800-817-3807, press 4
- Montgomery County/Prince George's County/Southern Maryland:
Contact the Washington DC VA Medical Center at 202-745-8000, ext 56333

PROGRAMS SERVING ALL ELIGIBLE BRANCHES AND VETERANS

- Military One Source: 800-342-9647/militaryonesource.mil
(service members, veterans up to 365 days after retirement, end of tour, or discharge and families) Provides many resources including financial, legal, employment, health and wellness, moving, family support, and more. Members of the Coast Guard should call to confirm eligibility.
- Family Assistance Centers: (all service members, veterans and families)
Havre de Grace: 410-576-1445 Adelphi: 301-847-8348
Baltimore: 410-918-6768 Annapolis: 410-266-7391
Edgewood: 410-612-4152 Towson: 410-616-0551
Hagerstown: 301-733-4731 Salisbury: 410-543-6704

U.S. Department of Veterans Affairs Hotlines and Call Centers

Veterans Crisis Line
800-273-8255, press 1 or text to 838255

National Center for Homeless Veterans
877-4AID-VET (424-3838)

Women Veterans Call Center
855-VA-WOMEN (829-6636)

Veteran Caregiver Support Line
855-260-3274

Coaching Into Care
for family and friends needing help
guiding a veteran into care
888-823-7458