

[https://www.mentalhealth.va.gov/docs/MHG\\_English.pdf](https://www.mentalhealth.va.gov/docs/MHG_English.pdf)

[https://www.ptsd.va.gov/publications/print/understandingptsd\\_booklet.pdf](https://www.ptsd.va.gov/publications/print/understandingptsd_booklet.pdf)

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Offers military parents and caregivers information about child trauma and resilience. This fact sheet includes information about what traumatic experiences are, how they impact military families, and common reactions children or teens may have. It also includes a checklist for parents and caregivers to use to help keep track of behaviors their child or teen may be exhibiting as well as questions to ask providers about treatment services. The fact sheet also includes questions military parents or caregivers may have about supporting their child after a traumatic event and tips for starting discussions with children of different ages.

Published in 2020

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding\\_child\\_trauma\\_and\\_resilience\\_for\\_military\\_parents\\_and\\_caregivers.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding_child_trauma_and_resilience_for_military_parents_and_caregivers.pdf)

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Offers military parents information about military youth suicide. This fact sheet includes information about suicide and military youth, how to talk to your child about suicide, warning signs that your child may be experiencing suicidal thoughts and helpful responses by age group, as well as evidence-based treatments for suicidal youth, and how to address your needs as a parent.

Published in 2020

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding\\_child\\_suicide\\_for\\_military\\_parents.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding_child_suicide_for_military_parents.pdf)

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Offers military parents and caregivers information about military youth substance use. This fact sheet includes information about substance use and military youth, how to talk to your child about substance use, monitoring your child and understanding trauma and substance use, as well as resources on how to address your needs as a parent and caregiver.

Published in 2020

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding\\_military\\_youth\\_substance\\_use\\_for\\_military\\_parents\\_and\\_caregivers.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding_military_youth_substance_use_for_military_parents_and_caregivers.pdf)

CAREGIVER INFO

# Caregiver Resource Directory (CRD)

The CRD is designed to help empower military caregivers with information about national and local resources and programs specifically for them. Topics include: helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

<https://warriorcare.dodlive.mil/files/2019/08/Caregiver-Directory-2019-Edition.pdf>

<https://warriorcare.dodlive.mil/files/2019/08/Caregiver-Directory-2019-Edition.pdf>

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**MiliPEER Support Coordinator Regional Map** Military Caregivers can utilize this map to find a Military Caregiver Support PEER Support Coordinator for personal and regional assistance.

[https://warriorcare.dodlive.mil/files/2018/08/PSC\\_Map\\_16-July.jpg](https://warriorcare.dodlive.mil/files/2018/08/PSC_Map_16-July.jpg)

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**Military Caregiver Support: PSC Bios** Peer Support Coordinators (PSCs) provide support to military caregivers and caregiver stakeholders across 10 regions

<https://warriorcare.dodlive.mil/caregiver-resources/peer-support-coordinators/>

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## GENERAL INFORMATION

### **Veterans with Service-Connected Disabilities**

#### **Automobile and Special Adaptive Equipment Grants**

<https://benefits.va.gov/BENEFITS/factsheets/serviceconnected/Auto.pdf>

#### **C-123 Aircraft and Agent Orange Exposure**

[https://benefits.va.gov/BENEFITS/factsheets/serviceconnected/AO\\_C123.pdf](https://benefits.va.gov/BENEFITS/factsheets/serviceconnected/AO_C123.pdf)

#### **Camp Lejeune Health and Disability Benefits**

<https://www.publichealth.va.gov/docs/exposures/CLPoster.pdf>

### Disability Compensation Benefits

<https://benefits.va.gov/BENEFITS/factsheets/serviceconnected/Compensation.pdf>

### Service-Disabled Veterans Insurance

<https://benefits.va.gov/BENEFITS/factsheets/insurance/SDVI.pdf>

### "Presumptive" Disability Benefits for Certain Groups of Veterans

<https://benefits.va.gov/BENEFITS/factsheets/serviceconnected/presumption.pdf>

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**DoD Wounded, Ill, and/or Injured Compensation and Benefits Handbook** Providing Service members and their support network a guide to compensation and benefits

[https://warriorcare.dodlive.mil/files/2019/06/DoD\\_Compensation\\_and\\_Benefits\\_Handbook.pdf](https://warriorcare.dodlive.mil/files/2019/06/DoD_Compensation_and_Benefits_Handbook.pdf)

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Nate,

When you click on the JSON/Search Widget Document it provides the information needed to embed the tool on our site or see below:

The NRD is a partnership among the Departments of Defense, Labor and Veterans Affairs. Information contained within the NRD is from federal, state and local government agencies; Veteran and military service organizations; non-profit and community-based organizations; academic institutions and professional associations that provide assistance to wounded warriors and their families.

Check out JSON Feed and Search Widget to add it to your website: [JSON/Search Widget Document](#)

## HOW TO USE THE NRD'S RESOURCES ON YOUR SITE



NOTE: NRD.GOV ONLY SUPPORTS HTTPS SECURED CONNECTIONS

### Display the NRD Search Widget on Your Website

The NRD provides a real-time search widget to display on your website. Simply copy and paste the following code into your website's source HTML:

```
<iframe width="450" height="630" frameborder="0" src="http://nrd.gov/getSearchWidget"></iframe>
```

Width and height variables can be adjusted to fit your site's dimensions.

The National Resource Directory is a searchable database of resources vetted for Service members, veterans, family members and caregivers.

<https://nrd.gov>

DID YOU KNOW (PUT THIS AT THE TOP OF THE DID YOU KNOW SECTION

## Mobile Apps: COVID Coach

[https://www.ptsd.va.gov/appvid/docs/COVIDCoachFlyer\\_508.pdf](https://www.ptsd.va.gov/appvid/docs/COVIDCoachFlyer_508.pdf) (link to flyer)

The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

Features include:

- Education about coping during the pandemic
- Tools for self-care and to improve emotional well-being
- Trackers to check your mood and measure your growth toward personal goals
- Graphs to visualize progress over time

<https://youtu.be/b932LremOlc> (you can supply the link or embed the video)

## Download

[iTunes \(iOS\)](#) 

[Google Play \(Android\)](#) 