

IMPORTANT RESOURCES

OHIOCARES

<http://www.ohiocares.ohio.gov/>

1-800-761-0868

VA Healthcare Facilities in Ohio

<http://www.visn10.va.gov>

Chillicothe 740-773-1141	Columbus 614-257-5200
Cincinnati 513-861-3100	Dayton 937-268-6511
Toledo 419-259-2000	Cleveland/Wade Park 216-791-3800

Returning Service Members: <http://www.oefoif.va.gov/>

VA Benefits: 1-800-827-1000

VA Tele-Nurse (Ohio): 1-888-838-6446

Vet Center Readjustment Counseling Service:

www.va.gov/rcs

513-763-3500

Ohio Department of Mental Health

Community Mental Health Centers

<http://mentalhealth.ohio.gov/where-to-get-help/>

Ohio Dept. of Alcohol and Drug Addiction Services

www.ODADAS.com

Click to find a provider

<http://www.ebasedtreatment.org>

1-800-788-7254

Substance Abuse and Mental Health Services

Administration (SAMHSA)

24-Hour Referral Helpline and Facility Locator

<http://www.findtreatment.samhsa.gov/>

800-662-HELP (English & Spanish)

1-800-487-4889 (TDD)

ADDITIONAL RESOURCES:

TRICARE

www.tricare.osd.mil

1-877-TRICARE

Military One Source

www.militaryonesource.com

1-800-342-9647

OH National Guard Chaplain's Office

614-336-7377

The National Suicide Hotline

www.suicidepreventionlifeline.org

1-800-273-TALK (8255)

OHIOCARES Committee: Governor's Office of Veterans' Affairs, Ohio National Guard; Ohio Dept. of Alcohol and Drug Addiction Services; Ohio Dept. of Mental Health; Dept. of Veterans Affairs; Ohio Assoc. of County Behavioral Healthcare Authorities; Ohio Council of Behavioral Healthcare & Family Services Providers, Ohio Rehabilitation Services Commission, Brain Injury Assoc. of Ohio, National Alliance on Mental Illness Ohio.



OHIOCARES

The mission of OHIOCARES is to provide a one-stop-shop for referral to behavioral health and traumatic brain injury care for all Service Members, Veterans, and their Families.



Call OHIOCARES:

1-800-761-0868

<http://www.ohiocares.ohio.gov>

- Dealing with stress, anxiety, or depression?
- In need of marriage or family counseling?
- Dealing with an alcohol or drug addiction?
- Experiencing transition stress?
- Noticing signs of Posttraumatic Stress?
- Noticing signs of a Traumatic Brain Injury?
- Having thoughts of suicide?
- Having trouble finding where to turn for help?

If you answered “yes” to any of these questions, OHIOCARES can help.

OHIOCARES

OHIOCARES is a united community network of resources to promote wellness and provide access to culturally competent behavioral health and traumatic brain injury care for all Service Members, Veterans, and their Families.

The mission of OHIOCARES is to provide a **one-stop-shop for referral to behavioral health and traumatic brain injury care** to all service members, veterans, and their families.

If you are a Service Member, Veteran, or Family Member, there are a multitude of behavioral health resources available to you through the VA, health insurance, and public health agencies. Resources include licensed counselors that help people suffering with conditions such as depression, stress, anxiety, substance use disorders, or traumatic brain injury. OHIOCARES offers confidential consultation and referral to these resources.

OHIOCARES can get you in touch with military chaplains for pastoral care and counseling. Many of these resources are free or very low cost to you. OHIOCARES can help direct you to the resources that can help you most.

WARNING SIGNS OF STRESS AND TRAUMA

Stress is a normal response of the body and mind. Everyone feels stress when gearing up to deal with major life events or handling everyday hassles.

Physical signs of a stress response:

Rapid heartbeat, Muscle Tension, Headaches,
Stomach aches, Difficulty concentrating

Mental/Emotional signs of a stress response:

Excitement, Anxiety, Guilt, Frustration,
Discouragement, Anger

Behavioral signs of a stress response:

Isolation, Lack of energy

TRANSITION STRESS

These stress reactions are common to everyday life, but they can be more frequent or severe for Soldiers and families after deployments. It's important for you to know that these are normal reactions to stressful situations and that many have felt the same way. However, if these thoughts, feelings, and behaviors persist or worsen over time, they could also indicate more serious problems, including posttraumatic stress disorder (PTSD), traumatic brain injury (TBI), depression, or a combination of these.

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POST TRAUMATIC STRESS DISORDER

PTSD can occur after one goes through, sees, or learns about a traumatic event like: combat exposure; child sexual or physical abuse; terrorist attack; sexual/physical assault; serious accident; natural disaster. Most people have stress-related reactions after a traumatic event. If your reactions persist and they disrupt your life, you may have PTSD.

TRAUMATIC BRAIN INJURY

TBI is defined as an alteration in brain function, or other evidence of brain pathology, caused by an external force. A TBI can result from a car accident, a piece of shrapnel entering the brain, or the concussion from an improvised explosive device blast. A TBI can be difficult to diagnose since often there are no physical signs of injury. Individuals who sustain a TBI may experience a variety of effects, such as an inability to concentrate, an alteration of the senses (hearing, vision, smell, taste, and touch), difficulty speaking and emotional and behavioral changes. Whether the TBI is mild, moderate, or severe, persistent symptoms can have a profound long term impact on the injured survivor.

DRUG AND ALCOHOL USE DISORDERS

Stressful events may influence the use of alcohol or other drugs. PTSD, TBI, depression, and suicidal behavior are often worsened by substance abuse. Although alcohol/drugs provide a temporary feeling of relief, they reduce the ability to concentrate, sleep restfully, enjoy life and be productive.

ASKING FOR HELP

What would you think about a boxer who never used his corner? He never went to his corner to sit on his stool to rest, got a drink of water, or got any coaching or encouragement from his trainer. You might think that he was foolish at best. But some-times in life we act like that boxer. Life sends us through a school of hard knocks and we think we can just tough it out all alone. Sometimes you get knocked down and you are just trying to make it to the end of the round. When that bell rings, don't ignore your resources. Use your corner. Because the next round is starting soon and you are fighting to win. Visit www.realwarriors.net to view stories of Service Members who have dealt with psychological wounds.

SUICIDAL THOUGHTS AND BEHAVIORS

Suicide is a serious matter to be handled with care. When the stress of life reaches a breaking point, some people turn to thoughts of suicide to relieve the mental stress they are facing. Be sure that you are aware of common signs of suicidal behavior. A person who is suicidal will often feel hopeless, helpless, and alone -- but that is far from the truth. More people care than you may realize. If you have thoughts of suicide, please know that there are many people who are here to help. You are not alone.

OHIOCARES is a **non-emergency resource line**. In case of an **emergency** with intent to harm oneself or another person, call **911** or a **Suicide Hotline**. OHIOCARES may be consulted later for follow-up care.

The National Suicide Hotline has a Veterans Crisis Line at:
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org