**Resources for Veterans and Families**

[www.Militaryoutreachusa.org](http://www.Militaryoutreachusa.org)

[www.realwarriors.net](http://www.realwarriors.net)

[www.mn.gov/mdva](http://www.mn.gov/mdva)

[www.giveanhour.org](http://www.giveanhour.org)

Military One Source

National Veterans Crisis Line

 1-800-273-8255 or text: 838255

VA Med Center Suicide Prevention Coordinator: 612-467-3620

Jonell Wilson – Military Family Assistance – 612-554-4839

Vet Centers:

 Brooklyn Park – 763-503-2220

 New Brighton – 651-644-4022

Lutheran Social Services free for Veterans and Families

 1-800-582-5260

MN Veterans Department of Affairs – 1-888-546-5838

Disabled American Veteran – [www.dav.org](http://www.dav.org)

Defense and Veterans Brain Injury Center – 1-866-966-1020

St. Cloud VA – 1-800-247-1739

Minneapolis VA – 1-866-414-5058