

BRIDGE Resource Guide

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

Building Resources and Information to Direct and Guide Engagement



- **Mental health resources**
- **Family and caregiver support**
- **Crisis and emergency contacts**
- **Financial, education, employment, and community resources**

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What is BRIDGE

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

What BRIDGE is

BRIDGE is a free resource navigation hub from the Road Home Program at Rush. It helps veterans, service members, military families, caregivers, providers, and community partners find trusted support.

Who it helps

BRIDGE is for veterans, active-duty service members, National Guard and Reserve members, spouses, partners, children, caregivers, family members, and support people.

How to use this guide

Start with the section that matches your current need. If someone is in crisis, go directly to the crisis resources. For ongoing support, browse the category pages or scan the QR code for the latest online resources.

Where to go for care

For Road Home services, visit roadhomeprogram.org/bridge or call (312) 942-8387 (VETS). Our team can help connect you with the right care or resource.

**Need care from Road Home?
Visit roadhomeprogram.org/bridge
or call (312) 942-8387 (VETS).**



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Crisis Resources

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

If you or someone you know needs immediate support, use the crisis resources below.

Veterans Crisis Line

- **Call 988, Press 1**
- **Text 838255**
- **Chat: [VeteransCrisisLine.net](https://www.veteranscrisisline.net)**

Military OneSource

- **Call 1-800-342-9647**

National Suicide & Crisis Lifeline

- **Call or text 988**

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Resource Categories

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

Use these categories to quickly find the type of support that matches your current need.

- 1. Mental Health Resources**

2. Child & Family Support

3. Caregiver Resources

4. Financial & Benefits Resources

5. Education & Employment
- 6. Crisis & Emergency Support**

7. Legal / Housing / Relocation

8. LGBTQ+ Military Family Resources

9. Illinois-Specific Resources

10. National Support Resources



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— Mental Health & Crisis Support —

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

Road Home Program

No-cost mental health care for veterans, service members, and military families. Services include PTSD, depression, anxiety, TBI, MST, family support, and care navigation.
roadhomeprogram.org | (312) 942-8387

Military OneSource

Free, confidential 24/7 support for active-duty, National Guard, Reserve service members, and their families. Includes counseling, legal, financial, education, and spouse support.
militaryonesource.mil | 1-800-342-9647

Vet Centers

Readjustment counseling for veterans, service members, and eligible family members. Services may include individual, group, marriage, family, bereavement, and MST counseling.
va.gov/find-locations | 1-877-927-8387

Cohen Veterans Network

Accessible mental health care for post-9/11 veterans, service members, and military families through a national network of clinics.
cohenveteransnetwork.org | 1-844-336-4226

Give an Hour

Connects service members, veterans, and families with mental health support through a network of volunteer providers.
giveanhour.org

NAMI Homefront

A free educational program for families, caregivers, and friends of military service members and veterans with mental health conditions.
nami.org/programs/nami-homefront | 1-800-950-6264

Veterans Crisis Line

24/7 crisis support for veterans, service members, and their families.
 Call 988, Press 1 | Text 838255 | VeteransCrisisLine.net



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— Child, Family & Caregiver Support —

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

Our Military Kids

Provides grants for sports, arts, tutoring, and camps for children of deployed National Guard and Reserve service members and children of wounded warriors.

ourmilitarykids.org

Military Child Education Coalition

Provides resources, advocacy, and support for military-connected children navigating school transitions, mobility, and family separation.

militarychild.org

Military Kids Connect

Online support and resources for military children and teens dealing with deployment, reintegration, family stress, and military life.

militarykidsconnect.health.mil

VA Caregiver Support

Offers caregiver education, resources, support groups, respite care information, and VA caregiver program guidance.

caregiver.va.gov | 1-855-260-3274

Elizabeth Dole Foundation / Hidden Heroes

Connects military and veteran caregivers with national and local resources, caregiver support, and community.

hiddenheroes.org | elizabethdolefoundation.org

Rosalynn Carter Institute for Caregivers

Provides caregiver education, training, and support programs for family caregivers, including military and veteran caregivers.

rosalynncarter.org

Road Home Family Services

No-cost support for eligible military families, including couples counseling, child counseling, caregiver support, survivor counseling, and family-focused care options.

roadhomeprogram.org | (312) 942-8387



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Financial, Education, Employment & Practical Support

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

Army Emergency Relief

Provides financial assistance, loans, grants, scholarships, and emergency support for eligible Army families.
armyemergencyrelief.org | 1-866-878-6378

Navy-Marine Corps Relief Society

Provides financial assistance, education support, emergency help, and family support programs for Navy and Marine Corps families.
nmcrs.org | 1-800-654-8364

Air Force Aid Society

Provides emergency financial assistance, education grants, and community support programs for Air Force and Space Force families.
afas.org | 1-800-429-9475

Coast Guard Mutual Assistance

Provides financial assistance, education support, and emergency help for Coast Guard families.
cgmahq.org | 1-800-881-2462

National Military Family Association

Offers advocacy, family programs, Operation Purple Camp, and scholarships for military spouses and families.
militaryfamily.org

Hiring Our Heroes

Provides career fairs, fellowships, hiring events, and employment resources for veterans, transitioning service members, and military spouses.
hiringourheroes.org

Military Spouse Employment Partnership

Connects military spouses with employers committed to hiring and retaining military spouse talent.
msepjobs.militaryonesource.mil

TRICARE

Military health care program for eligible service members, retirees, and family members.
tricare.mil | 1-877-874-2273



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Illinois, Legal, Housing & Community Support

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

Illinois Resources

- **Illinois Warrior Assistance Program**
- **Illinois Joining Forces**
- **Illinois Department of Veterans Affairs**
- **Illinois National Guard Family Programs**
- **Illinois Military Family Relief Fund**

Legal / Housing / Relocation

- **TRICARE**
- **Military OneSource**
- **Yellow Ribbon Reintegration Program**
- **EFMP**

LGBTQ+ Military Family Resources

- **American Veterans for Equal Rights**
- **Modern Military Association of America**
- **SPARTA Pride**
- **PFLAG Connects: Military Community**



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Full Resource Directory

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

The full BRIDGE resource directory is maintained online so families, caregivers, providers, and community partners can access the most current version.

**Scan the QR code below or visit:
roadhomeprogram.org/bridge**

The online directory includes mental health resources, family and caregiver support, crisis contacts, financial assistance, education and employment resources, Illinois-specific support, LGBTQ+ military family resources, housing and relocation support, and national military family resources.

For help finding the right resource, contact the Road Home Program at (312) 942-8387 (VETS).



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— Need help finding the right resource? —

Trusted mental health, family, caregiver, crisis, financial, education, and community resources for veterans, service members, and military families.

The Road Home Program team can help veterans, service members, and military families connect with care and trusted resources.

Road Home Program

1645 W. Jackson Blvd., Suite 602

Chicago, IL 60612

(312) 942-8387

roadhomeprogram.org

Services are provided at no cost to veterans, service members, and their families.

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