On May 7, 2013, the Military Health System released a list of resources available to members of the National Guard and Reserve components, to help ensure they and their families have the support they need to meet the challenges they face.

- The **National Guard Psychological Health Program** promotes and guides National Guard members and their families by supporting readjustment and readiness while offering consultation and support designed to address organizational and individual health care.
- **Real Warriors** offers information and tools for navigating the deployment and reintegration process. Real Warriors helps National Guard and Reserve service members and families reach out to community, religious and military services, and help connect with other service members.
- The **Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury** offers a variety of resources specifically for Guardsmen and Reservists. The DCoE Outreach Center provides resources and information about mental health that can be accessed 24/7.
- **Military OneSource** provides information and resources on topics such as counseling options for National Guard and Reserve members and their families. Options include military counseling services and non-medical counseling resources.
- The **National Resource Directory** connects wounded warriors, service members, veterans and their families with those who support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration.
- **Courage to Care** is a new, electronic health campaign for military and civilian professionals serving the military community, consisting of electronic fact sheets that provide actionable information.
- **Joint Services Support** provides access to the professional management tools and resources you can use to organize activities, create a network of National Guard families and family members, or find assistance to improve your daily life.
- The **Yellow Ribbon Reintegration Program** is a DoD-wide effort to promote the well-being of National Guard and Reserve members, their families and communities by connecting them with resources throughout the deployment cycle. Through YRRP events, service members and loved ones connect with local resources before, during and after deployments.
- **Afterdeployment.org** is an online behavioral health resource supporting service members, their families and veterans with common post-deployment concerns. The website provides self-care solutions, targeting post-traumatic stress, depression, anger, sleep, relationship concerns and other mental health challenges.
These resources provide options for National Guardsmen and Reservists and their families, regardless of where they may live while activated or not. The DoD is committed to ensuring readiness and resiliency are always within reach for the entire defense community.