



## CT Department of Veterans Affairs

### COMMISSIONER THOMAS J. SAADI STATEMENT

#### REGARDING EVENTS IN AFGHANISTAN AND SUPPORT FOR VETERANS IN NEED.

The terrorist attack in Kabul is a stark reminder of the dangers faced by the men and women in our Armed Forces every day. I mourn the loss of our U.S. military personnel, they are heroes who sacrificed their lives helping others and my heartfelt prayers are with their family and friends. I pray for all our U.S. personnel in Afghanistan that they may complete their mission and return home safely. I have spoken with many Veterans of Afghanistan deeply affected by the horrific events unfolding in Afghanistan. I offered them my support and any services they need which is what we all must do because no matter one's feelings about the administration's policies, we must join together in support our Service members and Veterans as it is they who served, who suffered and sacrificed, no matter their personal feelings and our Afghanistan Veterans need our support now. It is important to ensure that they and any Veteran who may be questioning the meaning of their service knows that their service was not in vein, that the American people support them and that there are support resources available to them. Resources available:

**Veterans Crisis Line** - If you are having thoughts of suicide, call 1-800-273-8255, then PRESS 1 or visit <http://www.veteranscrisisline.net/>

Download the **CT Veterans App**. with crisis assistance by phone, text, and online chat with many other services including an interactive map of Veterans clinics and hospitals in Connecticut. <https://portal.ct.gov/DVA/Pages/CTVeterans-Mobile-App>

**For emergency mental health care**, you can also go directly to your local VA medical center 24/7 regardless of your discharge status or enrollment in other VA health care. <https://www.va.gov/find-locations/>

**CT Department of Mental Health & Addition Services (DMHAS)** – Action Line (Mobile Crisis) 1-800-HOPE-135 (1800-467-3135 )

**Vet Centers** - Discuss how you feel with other Veterans in these community-based counseling centers. 70% of Vet Center staff are Veterans. **Vet Centers in Connecticut:**

**Danbury Vet Center** - The Atrium Building – 457 North Main Street, 1<sup>st</sup> Fl: 203-790-4000 or 877-927-8387

**Norwich Vet Center** - 2 Cliff Street: 860-887-1755 or 860-877-1755

**New Haven Vet Center** – 291 South Lambert Road (in Orange, CT) 203-795-0148

**Hartford Vet Center** – 25 Elm Street, Suite A (in Rocky Hill, CT) 860-563-8800

If you are not in CT Call 1-877-927-8387 or find one near you. <https://www.va.gov/find-locations//>

**VA Mental Health Services Guide** - This guide will help you sign up and access mental health services. <https://www.va.gov/files/2020-11/mental-health-quick-start-guide.pdf>

**MakeTheConnection.net** - information, resources, and Veteran to Veteran videos for challenging life events and experiences with mental health issues. <https://www.maketheconnection.net/>

**CT Veterans RallyPoint** – Norwich, CT – Call or walk in anytime between 8:00am – 4:30pm.  
[www.VeteransRallyPoint.com](http://www.VeteransRallyPoint.com)

**RallyPoint** - Talk to other Veterans online. Discuss: What are your feelings as the Taliban reclaim Afghanistan after 20 years of US involvement? <https://www.rallypoint.com/.../what-are-your-feelings-as...>

**Download VA's self-help apps** - Tools to help deal with common reactions like, stress, sadness, and anxiety. You can also track your symptoms over time. <https://www.ptsd.va.gov/appvid/mobile/>

**Tragedy Assistance Program for Survivors (TAPS)** - Request a Peer Mentor.  
<https://www.taps.org/requestapeermentor>

**VA Women Veterans Call Center** - Call or text 1-855-829-6636 (M-F 8AM - 10PM & SAT 8AM - 6:30PM ET)

**VA Caregiver Support Line** - Call 1-855-260-3274 (M-F 8AM - 10PM & SAT 8AM - 5PM ET)

**Together We Served** -Find your battle buddies through unit pages. <https://blogs.va.gov/.../together-served-provides.../>

**George W. Bush Institute** - Need help or want to talk? Check In or call:1-630-522-4904 or email: [checkin@veteranwellnessalliance.org](mailto:checkin@veteranwellnessalliance.org)

**American Red Cross Military Veteran Caregiver Network** - Peer Support and Mentoring.  
<https://www.redcross.org/.../military-veteran-caregiver...>

**Team Red, White & Blue** - Hundreds of events weekly. Find a chapter in your area.  
<https://www.teamrwb.org/chapter-locator/>

**Student Veterans of America** - Find a campus chapter to connect with.  
<https://studentveterans.org/chapters/find-a-chapter/>

**Team Rubicon** - Find a local support squad. <https://teamrubiconusa.org/support-squad/>

**DMHAS** Substance Abuse Action Line 1-800-563-4086. Includes access to CT Community Addiction Recovery (CCAR)

**The Village for Families and Children** (Greater Hartford Area) (860) 236-4511

**Wheeler Clinic** (Plainville, New Britain, Hartford) 888-793-3500