

# SUICIDE PREVENTION RESOURCES

Compiled by CH (LTC) Renee Kiel  
US Army Reserve Command

Updated: 22 December 2021, CH (LTC) Virginia Emery

**Military One Source** 24/7 Assistance: 800-342-9647

<https://www.militaryonesource.mil/> Connect via Live Chat, Phone or Email.

Military One Source from the Department of Defense is your 24/7 gateway to trusted information, resources and confidential help. When MilLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive. Military One Source provides a single gateway to responsive Family Crisis Assistance, available 24/7, 365 days a year for all USAR Soldiers. It provides a unit and community based solution to connect people to people. By pinpointing Families-in-need and local community resources, the AR can quickly connect the Soldier Family and resources thus providing installation-commensurate services in the geographic location of the crisis.

**Army Reserve Family Programs** <https://www.usar.army.mil/ARFP/>

Army Reserve Family Programs (ARFP) is a comprehensive blend of quality-of-life programs in support of Department of Defense activities. ARFP staff serve as the primary coordinating resource, who provide a multitude of unit and community-based services that foster the growth, development, and readiness of Soldiers and Families assigned to the Command. Additionally, ARFP provides a single gateway to responsive Family Crisis Assistance. ARFP provides a unit and community-based solution that connects people to people. By pinpointing Families-in-need and local community resources, the ARFP professionals can quickly connect the Soldier's Family to resources thus providing installation appropriate services in the geographic location of the crisis.

**Veterans Crisis Line:** For Crisis Response (24/7) 1-800-273-8255 (press 1) or TEXT 838255

<https://www.veteranscrisisline.net/>

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.

**211.org.** It is essential for TPU CHs to have a ready list of community services they can use in times of Soldier and Family crisis and/or emergency. 211.org is an excellent web site CHs may use to compile local services and community support organizations.

**Give an Hour.** Harnesses the skill, expertise and generosity of volunteer mental health professionals across the country to serve Soldiers in need. You can find a provider online at <https://giveanhour.org/get-help/>

**Army Community Service.** Army Publishing Directorate published an expedited revision of AR 608-1 which incorporates expanded access to ACS policy for ARNG and USAR Soldiers. The new AR 608-1 policy states "Members of the ARNG and USAR and their identification card eligible Family members are eligible for full access to installation ACS service while on an active duty and during the first year post mobilization, after which time, and for so long as the Soldier remains a member of the ARNG or USAR, eligibility is retained on a space available basis."

**Hospital and Family Life USAR CHs.** USARC has a list of CHs who have the 7R (Hospital) and/or 7K (Family Life) Skill Identifier. If you (the Chaplain) would like to consult with such a Chaplain for guidance and assistance in this regard, please contact your Command CH or the POC below.

**The Battle Buddy App.** The USAR Battle Buddy application for smart phones, a free download for both iPhone and Android platforms, is an under-utilized resource in the fight against Soldier Suicide. It serves as a quick reference on several helpful topics, to include Domestic Violence, Sexual Assault, Emotional Trauma, Financial Crisis, and Suicidal Ideations. The app will dial the Fort Family Suicide Hotline with the press of a button. It also will walk a Battle Buddy through the Ask/Care/Escort (ACE) protocol and provides valuable

**Public Private Partnership (P3O).** If you have a USAR Soldier who is unemployed or underemployed, contact your nearest Private-Public Partnership Office (P3O): <http://www.usar.army.mil/Featured/Private-Public-Partnership/Find-local-support/>

**National Suicide Prevention Lifeline:** 800-273-TALK (8255)

## **USAR Psychological Health Program (PHP)**

### **SERVICES FOR COMMANDERS**

- Provide subject matter expertise on behavioral health matters and procedures (i.e., Command Directed Behavior Health Evaluations profiles)
- Offer consultation, upon request, or following Command Critical Incident Response (CCIR)
- Provide postvention and provider support for units after the loss of a Soldier
- Make available tools for Commanders to assist in their decision-making

### **SERVICES FOR SOLDIERS AND FAMILIES**

- Offer clinical assessment and referrals for mental health, employment, housing, finances, etc.
- Provide Case Management
- Assist with profile management and line of duties (LOD) Review medical records
- Serve as a liaison for civilian providers and Army policy requirements
- Advocate for care coordination and continuity
- Facilitate communication with leadership

### **USAR DIRECTOR OF PSYCHOLOGICAL HEALTH PROGRAM**

COL Leanna J. Brown (Fort Bragg)  
Office: 910-570-8095 leanna.j.brown.mil@army.mil

### **Deputy Director, Psychological Health Program**

CPT Dawn Westmoreland (Fort Bragg)  
Office: 910-570-9964 dawn.l.westmoreland.mil@army.mil

### **Director of Psychological Health, Team Lead**

Stacey Feig  
Mobile: 703-254-8246 stacey.a.feig.ctr@army.mil

### **PHP Readiness Division Directors**

Rhonda Gilchrist	63rd RD	rhonda.e.gilchrist.ctr@army.mil	830-888-1266
Holly Wallraff	63rd RD	holly.j.wallraff.ctr@army.mil	254-419-9721
Donna Brunetti	81st RD	donna.m.brunetti.ctr@army.mil	843-981-9782
Rhoda Donnelly	81st RD	rhoda.d.donnelly.ctr@army.mil	813-834-3867
Antoniella Delvecchio	81st RD	Antoniella.a.delvecchio.ctr@army.mil	772-877-4848
Deb Olson	88th RD	deborah.j.olson10.ctr@army.mil	715-523-9087
Deb Koltis	88th RD	debra.a.koltis.ctr@army.mil	715-523-3827
Pat Moloney	99th RD	patricia.a.moloney.ctr@army.mil	609-598-2224

### **PHP Nurse Case Managers (NCMs):**

Jill Robinson	63rd RD	jill.e.robinson9.ctr@army.mil	726-206-4895
Bruce Kyllonen	88th RD	bruce.a.kyllonen.ctr@army.mil	507-399-6985
Cindy Delphey	99th RD	cynthia.m.delphey.ctr@army.mil	608-867-0060