

# **Treatment Options for Crisis, Sleep, Nightmares, and PTSD**

## **Crisis Hotline if you are having thoughts of suicide:**

1. **Dial 988 then press 1 or text 838255.** Available 24/7.
2. If you have hearing loss then dial 1-800-799-4889.

## **Helpful Veteran Apps that are free:**

1. PTSD Coach (for PTSD education and mental health help)
2. CBT-I Coach (Insomnia education and activities to help sleep)
3. Tactical Breather (for use with panic attacks and relaxing your breathing)
4. Breathe 2 Relax (for use with panic attacks and relaxing your breathing)
5. Virtual Hope Box (tools to help patients cope, relax, distract, and think positively)
6. Veteran's Yoga Project (free, virtual classes daily): <https://veteransyogaproject.org/>
7. MOVE Coach (for weight loss)
8. Team Red, White, and Blue App
9. \* Special Forces-specific resources: <https://msofc.org/connecting-sof/>

## **Outpatient Sleep/Nightmare Treatments**

1. Cognitive Behavioral Therapy for Insomnia (CBI-I)
2. Medication for nightmares: Prazosin
  - a. Check with Psychiatry to see if this is a safe option for you.

## **PTSD Outpatient Treatment Options**

1. Eye Movement Desensitization and Reprocessing (EMDR)
2. Cognitive Processing Therapy (CPT)

## **Veteran Support Groups**

1. Team Red White and Blue: <https://about.teamrwb.org/>
  - a. Its mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Download the app to find Tulsa or another local chapter.
2. <https://www.woundedwarriorproject.org/programs/peer-support>
3. <https://www.neptunesociety.com/resources/list-helpful-veteran-resources-support-groups>