# VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2025

| **ORGANIZATION NAME** *Click on Org name to be directed to website | **EMAIL** | **PHONE #** | **SERVICES OFFERED** |
|---|---|---|---|
| Brain, Education, Strategies, Technology (CEST) | Fill out form online to get email. | (949) 310-3202 | BEST helps those with brain injury—and other medical conditions impacting cognition—who have never received or have exhausted their medical rehabilitation and continue to struggle with day-to-day cognitive challenges. BEST provides webinars, workshops, and courses to help brain injury survivors relearn skills and develop practical strategies to navigate the daily challenges they encounter. |
| Boot Campaign | info@bootcampaign.org | | Boot Campaign's revolutionary Health and Wellness pipeline provides Veterans access and funding to individualized and comprehensive roadmaps to recovery from invisible wounds of war. Joining forces with evidence-based treatment and training partners across the United States, Boot Campaign helps Veterans and their families struggling with traumatic brain injury, post-traumatic stress disorder, chronic pain, self-medication and insomnia. |
| Brainline | info@BrainLine.org | 703-998-2020 | BrainLine provides military-specific information and resources on traumatic brain injury and post-traumatic stress disorder (PTSD) to veterans, service members, and their families. |
| Comeback Yoga | info@comebackiyoga.org | 303-416-4961 | At Comeback Yoga, we believe healing should never be out of reach.That's why we remove barriers and bring **free, trauma-informed yoga** directly to the military community — wherever they are, wherever they feel safe. |
| DAV- Veteran's Employment Resources | Fill out form online to get email. | 877-426-2838 | DAV offers free services that can help veterans with their VA benefits, transitioning to civilian life, support dogs, transportation, employment and entrepreneurship. |
| Give an Hour | info@giveanhour.org | | Provides free mental health care to active duty, National Guard and Reserve service members, Veterans, and their families. |

# VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2025

| | | | |
|---|---|---|---|
| Home Base Program-Clinical Intensive Care Program | homebaseprogram@partners.org | 617-724-5202 | Home Base has launched the country's first two-week Intensive Clinical Program (ICP) to treat Veterans and Families who are struggling with the Invisible Wounds of War, including Post-Traumatic Stress, Traumatic Brain Injury, Military Sexual Trauma, Depression, Anxiety and co-occurring substance use disorders. Based in Boston, but serving Veterans and Families from across the country, the Intensive Clinical Program offers a holistic and innovative approach to clinical care. |
| IRAQ AND AFGHANISTANS VETERANS OF AMERICA (IAVA) | info@iava.org | 212-982-9699 | IAVA's one-on-one support program connects members with best in class resources nationwide. Additionally IAVA has been working to test innovative pilots across the country including working with VetsPrevail to bring online cognitive behavioral therapy to our members and with Mission Reconnect, in a time limited study, to bring connecting exercises to couples.<br><br>IAVA has also partnered with PatientsLikeMe, a free online mental health support network for Veterans. PatientsLikeMe provides a safe community where Veterans connect with one another and learn from each other's shared experiences living with post-traumatic stress, traumatic brain injury or more than 2,400 other conditions. |
| Lone Survivor Foundation | Fill out form online to get email. | 832-581-3592 | Provides therapeutic retreats for service members, Veterans and their families affected by Post-Traumatic Stress, mild Traumatic Brain Injury, Chronic Pain, and Military Sexual Trauma. |
| Motorcycle Relief Project | | 720-722-3995 | Motorcycle Relief Project is a 501(c)3 nonprofit organization that provides relief to veterans and first responders with PTSD and other related issues by taking them on structured week-long adventure motorcycle relief rides. |
| National Resource Directory | Fill out form online to get email. | 988 | The National Resource Directory (NRD) is a resource website that connects wounded warriors, service members, veterans, their families, and caregivers to programs and services that support them. |

# VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

LAST UPDATE: NOVEMBER 2025

| | | | |
|---|---|---|---|
| Operation Mend-Intensive Treatment Program | Fill out form online to get email. | 310-267-2110 | Provides advanced surgical/medical services as well as intensive treatment for PTSD and mild TBI for post 9/11 era service members and Veterans injured during combat operations or while training for service. Participants in the program will receive the personalized care for which UCLA Operation Mend is known. All care, travel and accommodations are arranged and provided for at no cost to Operation Mend patients and their families. |
| Operation First Response: The Last Mission Project | info@operationfirstresponse.org | 888-289-0280 | Provides financial support for Veterans undergoing extended treatment for PTSD. |
| Project Sanctuary | Info@ProjectSanctuary.us | 855-838-8255 | Therapeutic retreats for the entire family that include counseling, education, and therapeutic recreation. |
| PTSD Foundation of America | Fill out form online to get email. | 877-717-7873 | Provides pastoral counseling and peer mentoring, both on an individual basis and in group settings. |
| Save a Warrior | Fill out form online to get email. | | Save A Warrior™ has changed countless lives through the "War Detox" program, which supports the healing from Post-Traumatic Stress (PTS). The program is a week-long event that specializes in connecting Active Duty Military, Returning Veterans, and First Responders experiencing psychological trauma. |
| USA Cares-Combat Injured Program | info@usacares.org | 800-773-0387 | The Combat Injured program removes any financial barriers preventing a Veteran from attending inpatient treatment for Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) and Military Sexual Trauma (MST). |

# VAIL VETERANS PROGRAM MENTAL HEALTH RESOURCE GUIDE

**LAST UPDATE: NOVEMBER 2025**

| | | | |
|---|---|---|---|
| USO | Fill out form online to get email. | 888-484 3876 | The USO works with Stronger Families to bring programming that helps military couples strengthen their relationships while working on tough issues in a fun and nonthreatening environment. Couples learn to improve their communication, better understand each other's needs, resolve conflict, rekindle romance and find renewed hope. The USO and Stronger Families also offer all active-duty military members and their spouses' FREE premium access to online resources at Oxygen365.com, a website to help couples who are unable to personally attend the live events. The site offers a customized growth plan for couples – such as access to relationship expertise through video podcasts covering topics such as communication, conflict resolution, intimacy, finances and issues related to deployment and reintegration. |
| Million Veteran Program (MVP) | Fill out form online to get email. | | Health and mental health research/resources |
| Warriors Wingman | Fill out form online to get email. | | Warrior's Wingman is a 501(c)(3) nonprofit organization dedicated to providing professionally trained gun dogs to those who have bravely served our country. |