



Support for Military and Veterans

There is a wealth of Support and Resources specific to Military.

Courage to Call 877-698-7838 Or dial 2-1-1 option 4 Or Chat online

<https://www.courage2call.org/get-help/>

Free, Confidential, Veteran-staffed 24/7 Hotline serving active military personnel, veterans, reservists, guard members and their families regardless of discharge status through information, guidance, and referrals. They help with employment services, food, clothing, shelter, rent and utilities, counseling, mental health services, family and legal services, and more.

TAPS (Tragedy Assistance Program for Survivors) 24/7 Help line 800-959-8277 <https://www.taps.org>

Care team – emotional support, Advocacy, Benefit Department, Teen program including camps, Military Mental program, financial assistance, educational assistance, grief counseling, grief and loss education, suicide loss support

Military One Source 800-342-9647 Chat online

<https://www.militaryonesource.mil>

Domestic Abuse, Sexual Assault, Suicide prevention, Hotline 800-273-8255

VA Regional Benefits Office 8810 Rio San Diego Dr 800-827-1000

Offices also in Chula Vista, Kearny Mesa, and other San Diego locations

Miramar National Cemetery 858-658-7360

<https://www.cem.va.gov/cems/nchp/miramar.asp>

Free burial with military honors, with discharge paper, DD214. If you can't find this they will assist you in obtaining a replacement.

Free Bugler

<https://www.tapsforveterans.org>

Free Caisson to gravesite at Miramar National Cemetery

<https://www.finalhonor.net>

For more information, resources or Catholic therapists, contact Rich at hello@thechurchofstluke.org