



# PTSD Resource List

## SIUE Student Support Services

- Career Development Center (CDC) –
  - “Assists students by incorporating career counseling and development with cooperative education and internships in a comprehensive program to prepare students to enter the world of work. The CDC is a starting point for students to find valuable career information.”
  - <https://www.siu.edu/career-development-center/index.shtml>
- Retention and Student Success (ORSS) –
  - “Provides resources and support to help students meet the demands of college and become successful graduates. The ORSS includes services such as: student mentoring, academic planning, and resource management.”
  - <https://www.siu.edu/retention/>
- Counseling Services –
  - “SIUE Counseling Services can help provide short-term assistance for students with a variety of concerns. They operate with the highest ethical standards in an effort to foster psychological well-being and development.”
  - <https://www.siu.edu/counseling/>
- Learning Support Services –
  - “Learning Support Services provides academic support to SIUE students through a variety of programs. These include: Academic Development Courses, Testing Services, Open-Access Tutoring Centers, and many other services.”
  - <https://www.siu.edu/lss/>
- Tutoring Resource Center –
  - “Held within Learning Support Services and serves the purpose of helping SIUE students succeed in their courses by offering a supportive learning environment. Offers walk-in tutoring to SIUE students for no additional cost for a variety of courses.”
  - <https://www.siu.edu/lss/tutoring-resource-center/index.shtml>
- ACCESS –
  - “ACCESS is dedicated to promoting an accessible SIUE campus community to ensure that all students are afforded an equal opportunity to be successful. ACCESS offers a variety of ways to accommodate individual student needs and serves as a bridge between the classroom and the commencement stage.”
  - <https://www.siu.edu/access/>

## Edwardsville & Madison County Resource Lists

- Edwardsville Township Community Resource Directory
  - <https://edwardsvilletownship.com/wp-content/uploads/2019/08/Edwardsville-Township-Community-Resource-Directory-2019-2020-2.pdf>
- Madison County Community Resource Packet
  - <http://roe41.org/pdffiles/MadisonCountyHomelessResources.pdf>

## Find Services & Support

- Counselor Referrals - Edwardsville & Surrounding Areas
  - This referral list is comprised of several counselors that treat various disorders in the Edwardsville and surrounding area. This list includes counselors with sliding scale or reduced fees.
  - [https://drive.google.com/file/d/1mEXJWxBgkQ9l2EbKpolzK\\_0\\_ZG0cGfMy/view?usp=sharing](https://drive.google.com/file/d/1mEXJWxBgkQ9l2EbKpolzK_0_ZG0cGfMy/view?usp=sharing)
- Community Mental Health Referrals – Edwardsville & Surrounding Areas
  - This referral list is comprised of several agencies that provide comprehensive mental health treatment in the Edwardsville and surrounding area. This list includes agencies with sliding scale and reduced fees.
  - [https://drive.google.com/file/d/1eXnVV6s6qPxrGoFB5Wh\\_WUiSLgB8X7mOx/view?usp=sharing](https://drive.google.com/file/d/1eXnVV6s6qPxrGoFB5Wh_WUiSLgB8X7mOx/view?usp=sharing)
- Missouri Sliding Scale Counseling Agencies
  - This referral list is comprised of several sliding scale counseling agencies in Missouri.
  - <https://drive.google.com/file/d/1S17SuL8F6sVsJAI9JEbg8nTEyVLo3A2G/view?usp=sharing>
- Psychology Today
  - Use to find therapists, teletherapy, psychiatrists, treatment centers, and support groups near you.
  - <https://www.psychologytoday.com/us/therapists>
- American Psychological Association
  - Psychologist locator
  - <https://locator.apa.org/>
- NAMI Connection
  - “NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.”
  - <https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Programs?classkey=a1x36000003TN9TAAW>



- National Center for PTSD
  - PTSD Decision Aid
    - “Compare options and make the best choice for PTSD treatment.”
    - <https://www.ptsd.va.gov/apps/decisionaid/index.aspx>
  - VA PTSD Treatment Program Locator
    - <https://www.va.gov/directory/guide/PTSD.asp>
- Anxiety and Depression Association of America (ADAA)
  - Find a support group.
  - <https://adaa.org/supportgroups>

## **Organizations - Resources & Hotlines**

- National Alliance on Mental Illness (NAMI)
  - “NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.”
    - <https://nami.org/home>
  - Contact the NAMI HelpLine
    - “The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.”
    - Call 1-800-950-NAMI (6264), Monday through Friday, 10 a.m.–8 p.m., ET, or send an email to [info@nami.org](mailto:info@nami.org).
  - Find Help in a Crisis
    - “Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.”
    - Text NAMI to 741-741.
- Veteran Crisis Chat - Confidential Support
  - “If you’re a Veteran in crisis or Service member in crisis — or you’re concerned about one — there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week. The crisis chat is a free, anonymous, confidential resource that’s available to any Service member, including members of the National Guard and Reserve, and any Veteran, even if you’re not registered with VA or enrolled in VA health care. Whatever’s got you down — chronic pain, anxiety, depression, sleeplessness, anger, or ever-disturbing memories of your tour of duty — a specially trained responder can provide support day or night.”
  - Chat online at <https://www.veteranscrisisline.net/get-help/chat>
    - You may also text 838255 or call 1-800-273-8255 and Press 1.

- PTSD Foundation of America
  - <https://ptsdusa.org/>
  - Combat Trauma Help Line
    - 877-717-PTSD (7873)
- Suicide Prevention Action Network (SPAN)
  - National Suicide Prevention Lifeline
    - “Free and confidential support for people in distress, 24/7.”
    - 1-800-273-TALK (8255)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
  - <https://www.samhsa.gov/>
  - National Helpline
    - “Treatment referral and information, 24/7.”
    - 1-800-662-HELP (4357)

## **Mobile Phone Applications – By Category**

**Self-Help:** These apps provide support and guidance in living with PTSD.

- AIMS for Anger Management (iOS & Android)
  - “AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems. The AIMS app is based on the Anger and Irritability Management Skills online self-help course (<http://www.veterantraining.va.gov/aims/>). The app provides you with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions.”
  - [https://www.ptsd.va.gov/appvid/mobile/aims\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/aims_app.asp)
- Beyond MST (iOS & Android)
  - “This app was created for survivors of military sexual trauma (MST). MST is VA's term for sexual assault or sexual harassment that occurred during military service. Veterans of all genders and backgrounds have experienced MST. The app offers information and resources to help survivors cope with challenges related to MST and improve their health, relationships and quality of life.”
  - <https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp>
- Mindfulness Coach (iOS & Android)
  - “Practicing mindfulness means grounding yourself in the present moment. Mindfulness has been shown to be helpful for reducing stress and coping with unpleasant thoughts and emotions. Mindfulness Coach will help you practice mindfulness meditation.”
  - [https://www.ptsd.va.gov/appvid/mobile/mindfulcoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)

- PTSD Coach (iOS & Android)
  - “This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies.”
  - [https://www.ptsd.va.gov/appvid/mobile/ptsdcoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)
- PTSD Family Coach (iOS & Android)
  - “PTSD Family Coach is an app similar to PTSD Coach. PTSD Family Coach provides support for concerned family members of those with PTSD. The app can help you learn about PTSD, how to take care of yourself, and how to manage your relationship with your loved one or children. PTSD Family Coach also has information on how to help your loved one get the treatment they deserve.”
  - [https://www.ptsd.va.gov/appvid/mobile/familycoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp)
- VetChange (iOS & Android)
  - “Veterans and Service members may turn to alcohol to cope with stress, trouble sleeping and other challenges. VetChange is a mobile app that can help users with posttraumatic stress disorder (PTSD) build skills to reduce problem drinking. VetChange offers proven self-help tools that build skills to help you stop or cut back on problem drinking.”
  - [https://www.ptsd.va.gov/appvid/mobile/VetChange\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp)

**Related:** These apps help with related issues affecting people with PTSD.

- Couples Coach (iOS & Android)
  - “The Couples Coach app was created for partners who want to improve their relationship and explore new ways to connect. It also includes relationship information specific to couples living with PTSD.”
  - [https://www.ptsd.va.gov/appvid/mobile/couplescoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/couplescoach_app.asp)
- COVID Coach (iOS & Android)
  - “The COVID Coach app was created for everyone, including Veterans and Service members, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. Features include: Education about coping during the pandemic, tools for self-care and to improve emotional well-being, trackers to check your mood and measure your growth toward personal goals, and graphs to visualize progress over time.”
  - [https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)

- Insomnia Coach (iOS & Android)
  - “This app was created for everyone, including Veterans and Service members, to help manage insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-I). Features include: Guided, weekly training plan to help you track and improve sleep, sleep coach with tips for sleeping and personal feedback about your sleep, interactive sleep diary to help you keep track of daily changes, and 17 tools to help you get your sleep back on track.”
  - [https://www.ptsd.va.gov/appvid/mobile/insomnia\\_coach.asp](https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp)
- Stay Quit Coach (iOS & Android)
  - “Stay Quit Coach is designed to help with quitting smoking. It is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking - to help them stay quit even after treatment ends. The app guides users in creating a tailored plan that takes into account their personal reasons for quitting. It provides information about smoking and quitting, interactive tools to help users cope with urges to smoke, and motivational messages and support contacts to help users stay smoke-free.”
  - [https://www.ptsd.va.gov/appvid/mobile/stayquit\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/stayquit_coach_app.asp)

**Treatment Companions:** These apps offer additional help for PTSD treatments. They are intended to support treatment and be used with the guidance of a professional mental healthcare provider.

- ACT Coach (iOS & Android)
  - “Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. In ACT, you are encouraged to commit to actions so that you can live your life by your values, even in the face of these unpleasant experiences. This app was developed for Veterans, Service members, and other people who are in Acceptance and Commitment Therapy in consultation with a therapist. It offers exercises, tools, information, and tracking logs so you can practice what you’re learning in your daily life.”
  - [https://www.ptsd.va.gov/appvid/mobile/actcoach\\_app\\_public.asp](https://www.ptsd.va.gov/appvid/mobile/actcoach_app_public.asp)
- CBT-i Coach (iOS & Android)
  - “CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide you through the process of learning about sleep, developing positive sleep routines, and improving your sleep environment. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia.”
  - [https://www.ptsd.va.gov/appvid/mobile/cbticoach\\_app\\_public.asp](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)

- CPT Coach (iOS & Android)
  - “CPT Coach is for Veterans, Service members, and others with PTSD who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course of CPT to help patients manage their treatment, including between session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets.”
  - [https://www.ptsd.va.gov/appvid/mobile/cptcoach\\_app\\_public.asp](https://www.ptsd.va.gov/appvid/mobile/cptcoach_app_public.asp)
- PE Coach (iOS & Android)
  - “PE Coach is designed to be used during therapy for posttraumatic stress disorder (PTSD) with a health professional who is trained in Prolonged Exposure (PE) therapy. The app will guide you through the exercises assigned by your therapist and allows you to track and record your progress. In addition, the app provides techniques such as controlled breathing that will help you tolerate and decrease your distress. PE Coach will help you remember and track your upcoming therapy sessions. You will be able to audio record your sessions directly onto your phone so you can review them later as part of your treatment.”
  - [https://www.ptsd.va.gov/appvid/mobile/pecoach\\_app\\_public.asp](https://www.ptsd.va.gov/appvid/mobile/pecoach_app_public.asp)
- Stair Coach (iOS)
  - “STAIR Coach supplements in-person psychotherapy using Skills Training in Affective & Interpersonal Regulation (STAIR). STAIR is an evidence-based cognitive behavioral form of psychotherapy designed to help with emotion regulation and interpersonal relationship problems that traumatized people commonly experience. STAIR is ideal for addressing two of the most common, and burdensome, problems faced by those living with PTSD: mood changes (e.g., anger, sadness, anxiety) and social challenges (e.g., communicating with friends/loved ones, changes in family relationships, successfully navigating workplace relationships).”
  - [https://www.ptsd.va.gov/appvid/mobile/staircoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/staircoach_app.asp)

## **About PTSD**

- National Center for PTSD
  - Understand PTSD: The Basics
    - [https://www.ptsd.va.gov/publications/print/understandingptsd\\_booklet.pdf](https://www.ptsd.va.gov/publications/print/understandingptsd_booklet.pdf)
  - More PTSD Topics
    - <https://www.ptsd.va.gov/understand/what/index.asp>
- National Institute of Mental Health
  - Post-Traumatic Stress Disorder
    - [https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/20-mh-8124-ptsd\\_38054.pdf](https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/20-mh-8124-ptsd_38054.pdf)

