## IT'S OKAY NOT TO BE OKAY

### SUICIDE AWARENESS

*Risk Factors*

- Previous suicide attempt
- Feelings of hopelessness
- Withdrawing from a loved one
- Alcohol or substance abuse

*Protective Factors*

- Feelings of hope
- Connections to individuals, family, and community
- Sense of purpose and self esteem

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### TRI-COUNTY URGENT CARE RESOURCES

**TidalHealth Crisis Center**
***Open every day from 8am – 8pm***
410-543-7181
200 E Vine St, Salisbury, MD 21801

**Berlin Behavioral Health & Crisis Center**
***Mon- Fri 8am – 6pm***
410-973-6679
10344 Old Ocean City Blvd, Suite 2
Berlin, MD 21811

**Maryland's Commitment to Veterans**
877-770-4801

## YOU ARE NOT ALONE

**Veteran Crisis Lines Available**

Text or Call: **988 (Press 1)**

Eastern Shore Crisis Response – Santé Group
**888-407-8018**

## HOMEOWNER ASSISTANCE

Maryland Veterans Trust Fund
410-260-3836
mdveteranstrust@maryland.gov
Wicomico and Somerset County:
Habitat for Humanity of Wicomico County
410-546-1551

## SUBSTANCE ABUSE

Wicomico County:
Recovery Resource Center- 410-749-9482
726 S. Salisbury Blvd. Salisbury, MD.
Community Outreach Addictions Team (COAT)- 443-783-6875
Worcester County:
WAC Center- 410-213-0202
11827 Ocean Gateway. Ocean City, MD.
Somerset County:
Wellness and Recovery Center- 410-621-5739
11674 Somerset Ave Princess Anne, MD.

# Lower Shore Veteran Resource Guide

Have you or a loved one served in the armed forces?

Are you struggling or need help?

This guide is designed to help connect Veterans and Veteran families to services and resources on the Lower Shore

Revised: August 2024

## AREAS OF CONCERN

### POST TRAUMATIC STRESS

- Have you experienced a traumatic or stressful event which caused you to believe your life or the lives of those around you were in danger?
- If yes, do you experience nightmares, vivid memories, or flashbacks of the event?
- Do you feel anxious, jittery, watchful, easily startled, or a sense of panic like something bad is going to happen?

**Real Warriors**
**866-966-1020, available 24/7**

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### MILITARY SEXUAL TRAUMA

- During your military service, did you receive unwanted sexual attention like touching, pressure for sexual favors, or remarks?
- Did anyone ever use force or threat of force to have sexual contact with you against your will?

**National Sexual Assault Hotline**
**800-656-4673, available 24/7**

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### DISABLED VETERAN

- Did you get injured in the line of duty?
- Do you have lasting effects that have permanently affected your life?

**DAV Eastern Shore Chapter #34**
**410-572-6350**
**821 E William St, Salisbury, MD 21804**

## HOMELESSNESS

VA National Call Center for Homeless Veterans
**877-424-3838 (877-AID-VET)**
VA Eastern Shore Homeless Outreach
**443-326-4337**
**Rapid Re-housing / Prevention / Homeless Services- Supportive Services for Veteran Families (SSVF)**
Diakonia, Ocean City, MD
410-213-0923
St. James A.M.E Zion, Salisbury, MD
**410-742-4950**
**Alternate Resources**
Call **211** or visit **findhelp.org** to discover resources near you, including:

| | |
|---|---|
| Food | Shelter |
| Transit | Case Management |
| Financial | Employment |

Shelters and Housing Resources
Wicomico County:
Christian Shelter- 410-749-5673
HALO- 410-742-9356
Joseph House- 410-749-8150
Hands and Hearts (seasonal, men only)- 443-397-2243
Village of Hope (women and children only)- 410-860-5981
Worcester County:
Samaritan Shelter- 410-957-4310
Diakonia- 410-213-0923
OC Cold Weather Shelter (seasonal)- 443-880-5060
Somerset County:
The Shelter at Seton Center- 410-651-9608

## VA MEDICAL FACILITIES

Cambridge VA Outpatient Clinic
Cambridge, MD 21613
**410-228-6243**
**Mental Health Care: 410-228-6243 x34144**

Pocomoke VA Outpatient Clinic
Pocomoke City, MD 21851
**410-957-6718**
**Mental Health Care: 410-957-6908**

Salisbury Vet Center Outstation
Salisbury, MD 21801
**410-912-7262**

Public Health Prevent. Promote. Protect. Somerset County Health Department
Worcester County Local Behavioral Health Authority — Working together for healthier communities!
Public Health Prevent. Promote. Protect. Wicomico Behavioral Health Authority