

Military and Veteran Support for Families**

NAME/ORGANIZATION	SERVICE TYPE	HOURS	PHONE	WEBSITE
Veterans/Military Crisis Line	Crisis line (call/text 988, Press 1)	24/7	988 (Press 1)	https://www.veteranscrisisline.net
National Maternal Mental Health Hotline	Perinatal mental health hotline	24/7	1-833-TLC-MAMA (1-833-852-6262)	https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline
DoD Safe Helpline	Sexual assault support (DoD)	24/7	877-995-5247	https://www.sapr.mil/dod-safe-helpline
RAINN National Sexual Assault Hotline	Sexual assault hotline	24/7	800-656-HOPE (4673)	https://rainn.org/help-and-healing/hotline/
NH Coalition Against Domestic & Sexual Violence	Domestic & sexual violence crisis centers	24/7 hotlines (see site)		https://www.nhcadv.org/
NH Mom Hub (Hope on Haven Hill)	Warmline, peer support, resource navigation	Mon–Fri (see site)	603-403-3400	https://www.hopeonhavenhill.org/momhub/
Postpartum Support International – NH Chapter	Perinatal mental health resources & referrals	See site		https://psichapters.com/nh/
PSI Online Support — Military Moms	Online peer support groups	Scheduled (see site)		https://www.postpartum.net/get-help/psi-online-support-meetings/
VA Manchester — Women Veterans Care	Women’s health, maternity care, mental health	See site		https://www.va.gov/manchester-health-care/health-services/women-veteran-care/
Women Veterans Call Center (VA)	Care navigation & benefits for women Veterans	See site	855-829-6636	https://www.womenshealth.va.gov/
VA Women’s Health — Maternity Care (info)	Maternity care benefits & lactation info			https://www.womenshealth.va.gov/topics/maternity-care.asp
Manchester Vet Center	Readjustment counseling (PTSD, MST, family)	See site		https://www.va.gov/manchester-vet-center
White River Junction Vet Center — Keene Outstation	Readjustment counseling (PTSD, MST)	See site		https://www.va.gov/white-river-junction-vet-center/locations/
NH National Guard — Family Services	Family services, psychological health, transitions	See site		https://nh.ng.mil/Family-Services/Additional-Services/
Military OneSource	Counseling, parenting supports, TRICARE help	24/7	800-342-9647	https://www.militaryonesource.mil/
Portsmouth Naval Shipyard — Military & Family Support Center	Family readiness, counseling, classes	See site		https://installations.militaryonesource.mil/military-installation/portsmouth-naval-shipyard/military-and-family-support-center/military-and-family-support-center
Easterseals NH — Veterans Count	Care coordination, clinical services, emergency aid	See site		https://vetscount.org/
Easterseals NH — Military & Veterans Campus	Services hub, events, housing & retreats	See site		https://militaryveteranscampusnh.org/

** Please note that this is not an exhaustive list of resources or groups that support military and veteran families. We do **not** endorse, recommend, or guarantee any specific agency, program, or provider listed here. Information is self-reported and/or gathered from publicly available sources and is subject to change.

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Harbor Care — Veteran Services	Housing, SSVF, healthcare access, prevention	See site		https://harborcarenh.org/veteran-services/
NH Dept. of Military Affairs & Veterans Services	Benefits navigation, VSOs, programs	See site		https://www.nhveterans.nh.gov/
211 NH	Information & referral (veteran tag available)	24/7	211	https://211nh.org/
TRICARE East (Humana Military)	Eligibility, enrollment & provider search	See site		https://www.humanamilitary.com/beneficiary/education-and-resources/tricare-eligibility-and-enrollment/
WoVeN — Women Veterans Network	Peer-led groups & connection	See site		https://www.wovenwomenvets.org/
Responders Together NH	Peer-facilitated fitness & wellness; PTSI prevention	See site (e.g., weekly Open Gym)		https://responderstogethernh.org/
Responders Together NH — Facebook Group	Peer support community (Facebook group)	Online		https://www.facebook.com/groups/469876308523969/
NH Veterans & Military Families Supporting Each Other — Facebook Group	Peer support community (Facebook group)	Online		https://www.facebook.com/groups/1659434001010925/
Blue Star Mothers of New Hampshire — Facebook Group	Peer support community (Facebook group)	Online		https://www.facebook.com/groups/bluestarmothersofnh/
NH Women in Military Service Memorial — Facebook Page	Community, recognition & events	Online		https://www.facebook.com/p/New-Hampshire-Women-in-Military-Service-Memorial-100094905790710/
Cohen Veterans Network — Have Her Six (campaign)	Women Veterans suicide prevention campaign	Online		https://www.cohenveteransnetwork.org/havehersix/
Cohen Veterans Network — Have Her Six: Two Minutes Tool	Interactive tool to reduce suicide risk	Online		https://www.cohenveteransnetwork.org/havehersixtool/
Empower (formerly empowerHER)	Mentoring & events for girls/young women after parent loss	See site		https://weareempower.org/
NH Veteran Events — Facebook Group	Events & connections (Facebook group)	Online		https://www.facebook.com/groups/1421951648320774/

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[Best Military Family Resources Everyone Should Know - The Military Wife and Mom](#)

1.800.944.4773



HELP FOR MILITARY FAMILIES

Military families face unique stressors that make them more susceptible to experiencing perinatal mental health disorders. PSI offers Our Volunteer Support Coordinators are available to offer peer support, information, and resources for military families.

[Help for Military Families | Postpartum Support International \(PSI\)](#)



SUPPORT GROUPS

Military Moms – Perinatal Mood Support Group

2nd Wednesday 6 PM ET

4th Wednesday 8 PM ET

Military spouses, active-duty personnel, and veteran moms are welcome to attend this online group to help you connect with other parents, talk about your experience, and learn about helpful tools and resources. The age range for this group is pregnancy to four years postpartum. Our trained peer facilitators are active-duty personnel and military spouses who understand the unique stress of military family life. No matter your rank, branch, or military status, all moms connected to the military are welcome. Conversations are confidential and judgment-free.

[Military Moms - Perinatal Mood Support Group - Postpartum Support International \(PSI\)](#)



[Military & Veteran Pregnancy & Postpartum Resources — Building Military Families Network](#)



VA » Health Care » Women Veterans Health Care » Services by Health Topic » Pregnancy and Mental Health

Women Veterans Health Care

Pregnancy and Mental Health

Many women experience mental health concerns at some point in their lives. As a woman Veteran, past trauma may make parts of pregnancy, childbirth, breastfeeding, and parenting especially difficult due to increased trauma reminders. VA is here to support your mental health through every stage-before, during, and after pregnancy.

[Pregnancy and Postpartum Mental Health Toolkit Combined 3.12.24.pdf](#)

[Pregnancy and Mental Health - Women Veterans Health Care](#)



[Responders Together NH](#) is about peer support and wellness/fitness for first responders and veterans to prevent Post Traumatic Stress Injury and suicide



NH MOM HUB

The [NH Mom Hub](#) is a centralized resource and referral program built out of the nonprofit organization of [Hope on Haven Hill](#). The Mom Hub connects pregnant and postpartum individuals with the support they need for maternal mental health and

well-being. Backed by state funding from NH Department of Health and Human Services, we collaborate with healthcare providers, family resource centers, mobile crisis teams, and other community organizations to ensure that no mother falls through the cracks.

Through our warmline, peer support, and care navigation, we provide compassionate guidance and seamless referrals, helping families access the right services at the right time. By closing gaps in care and providing training for providers, the NH Mom Hub strengthens the maternal mental health system across New Hampshire, optimizing healthier outcomes for parents and babies.

[Hope on Haven Hill](#) is a nonprofit organization that empowers women to be successful in recovery. They provide a safe, nurturing home for pregnant women with substance use disorder, along with their children.



You can reach NH Mom Hub at:

Phone: 603-403-3400 (secure voicemail, phone/text)

OR

[Complete a request through the NH Mom Hub Online Form.](#)

Website: www.hopeonhavenhill.org/momhub

Please note that NH Mom Hub and Hope on Haven Hill do NOT provide emergency services.

Messages are monitored during business hours Monday - Friday. We aim to respond within 24-48 hours.

For urgent or immediate needs you may call or text:

● **Suicide Prevention Hotline: 988**

NH Rapid Response Access Point: <https://www.nh988.com/> Call or Text: 833-710-6477

● **Never Use Alone hotline** at (800) 484-3731 (National Line) or (800) 972-0590 (New England Line)

● **The Doorway:** Call 211 or <https://www.thedoorway.nh.gov/> Help for Substance Use Disorder Treatment

● **National Maternal Mental Health Hotline:** 1-833-TLC-MAMA (Call or Text 24/7)

● Call or Text the Postpartum Support Int'l Help Line 1-800-944-4773 (4PPD)

#1 En Español or

#2 English Text in English: 800-944-4773

Text en Español: 971-203-7773



MMH Disparities: Military and Veterans

2-3X

Military mothers (active duty, dependents, reservists, and retirees) experience maternal mental health conditions at 2-3 times the rate of their civilian counterparts.

36%

Female active duty military and military spouses experience maternal mental health conditions.

60%

Retired service members experience maternal mental health conditions.

(Source: [Following article from MMHLA](#)) "The Maintaining our Obligation to Moms who Serve Act of 2024 (The MOMS Act) is legislation ([H.R.7087](#) / [S.3641](#)) that supports the mental health of our nation's military mothers by implementing maternal mental health programs into the military health care system.

We have been advocating for The MOMS Act since January 2024 as part of our [2024 Advocacy Agenda](#). After almost 12 months of advocacy, on December 18, 2024, Congress passed legislation mandating more than what we advocated for. Then, on December 23, 2024, President Biden [signed](#) The MOMS Act into law as part of a larger bill package called The National Defense Authorization Act.

The final version of the bill calls for establishing a program in the military health care system that will provide clinical and non-medical resources to prevent and treat maternal mental health conditions.

We are thrilled with this result, and we talk more about this victory and the journey to achieve it in this [article](#). [Download a summary of The MOMS Act](#). The Issue: Maternal Mental Health (MMH)

- According to a [report](#) from the Government Accountability Office, military mothers experience maternal mental health conditions at 2-3 times the rate of their civilian counterparts.
- Mental health conditions (MMH) are the most common complication of pregnancy and childbirth ([source 1](#), [source 2](#)), and they are a leading [cause](#) of maternal mortality, accounting for 22% of pregnancy-related deaths.
- The vast [majority](#) (75%) of women who experience MMH conditions remain untreated, increasing the risk of long-term negative [impacts](#) on the mother, baby, family, and society and [costing](#) our nation \$14 billion annually.
- Black and Asian/Pacific Islander women service members face additional challenges, with research showing [higher](#) rates of severe maternal morbidity. Black women service members are especially impacted, with significantly higher rates of complications and death compared to their White counterparts.