

Afghanistan Resource List

August 20, 2021

“After 20 years of U.S. military presence in Afghanistan, the Taliban took control of Kabul on Sunday amid the chaotic evacuation of the Afghan national government and Western diplomats.” - [Via TIME](#)

Resources for People in Afghanistan

U.S. Department of State

Phone: 888-407-4747

Website:

<https://travel.state.gov/content/travel/en/traveladvisories/ea/AfghanistanEvacuation.html>

The U.S. Department of State has posted an Afghanistan Evacuation Plan, which is outlined in the above link. For emergencies, call 1-888-407-4747 (U.S. Canada) or +1-202-501-4444 (overseas).

Below is the statement provided by the U.S. Department of State:

“U.S. citizens, U.S. LPRs, and their spouses and children (under age 21) should proceed to Hamid Karzai International Airport (HKIA) as soon as possible if you judge it safe to do so.

The security situation in Kabul continues to change quickly, including at the airport. U.S. citizens seeking assistance to depart the country should complete this [Repatriation Assistance Request](#) for each traveler in their group. Please do so as soon as possible. Please do so only once. You must complete this form even if you’ve previously submitted your information to the U.S. Embassy in Kabul by another means. This form is the only way to communicate interest in flight options. We will notify you directly by email based on your registration as soon as departure options become available.

Do not call the U.S. Embassy in Kabul for details or updates about the flight. Please note that gates may change on a daily basis and that we will provide updates as necessary via email. The United States Government cannot ensure safe passage to the airport.”

How You can Help People in Afghanistan

Website: <https://time.com/6090921/how-to-help-afghanistan-people/>

Crisis & Disaster Resources

This article in Time lists humanitarian organizations with operations on the ground in Afghanistan that support refugees, basic needs, and woman's rights.

Help for Veterans

Veterans Crisis Line

Phone: 800-273-8255; 24/7

Text: 838255

Website: <https://www.veteranscrisisline.net/>

This is a confidential crisis line through the Department of Veterans Affairs. It serves veterans, the National Guard, reserve members and their families. Many of the responders are veterans themselves. If interested, please call or text. Connection via chat is also available: [Crisis Chat](#)

Military One Source

Phone: 800-342-9647

Website: <https://www.militaryonesource.mil/about-us/>

This Department of Defense program helps military personal transition to civilian life. A few of their many services are:

- Confidential licensed counselors
- Peer to peer support
- Health and wellness coaching
- Specialty consultations for adoption, education, child/eldercare, and wounded warriors

If interested, please call or email. Connection via chat is also available: [Live Chat](#)

Operation First Response

Phone: 888-289-0280

This program assists military members and their families with financial assistance, PTSD, and collects quilts for the wounded. If interested, please visit their website [here](#).

Crisis & Disaster Resources

PTSD Coach App

Phone: 866-651-3180 (24/7)

Email: MobileMentalHealth@va.gov

Website: <https://mobile.va.gov/app/ptsd-coach>

This app has education about PTSD, relaxation skills, anger management and can be used by those in treatment as well as those who are not. For assistance with the app, please call or email. In addition to the app, the same services can be found by going to their website [here](#).

NAMI Veterans Resource Center

Phone: 703-524-7600

Veterans Crisis Line (24/7): 800-273-8255 ext. 1

Text: 741741

Website: <https://www.nami.org/Your-Journey/Veterans-Active-Duty>

NAMI is a national advocacy organization for mental illness. They have a Veterans and Active Duty resource center. They help military personnel with PTSD, depression and Traumatic Brain Injury. If interested, please call or text. For more information, please visit the [Veterans Resource Center](#).

Disabled American Vets

Phone: 877-426-2838

Website: <https://www.dav.org/>

DAV serves injured/ill veterans and their families by helping them navigate applications for benefits through the VA. Find your local office [here](#).

Military Health System Programs

Website: <https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Psychological-Health-Resource-Center>

The Psychological Health Resource Center's Real Warriors campaign serves veterans, service members, clinicians, and commanders. They can help with combat stress, depression, reintegration, access to treatment, and treatment options. If interested, please call or email. They are available 24/7 at 866-966-1020 or by email at resources@phcoe.org. Connection via chat is also available: [Live Chat](#).

Crisis & Disaster Resources

The In-Transition program helps active-duty service members, National guard members, reservist, veterans, and retirees find new mental health care providers during relocation, return from deployment and other times of transition. They can also provide crisis intervention; help locate support groups and community resources. If interested, please call 800-424-7877 or email dha.ncr.j-9.mbx.intransition@mail.mil. Connection via chat is also available: [Live Chat](#).

Help for Military Families

NAMI - Homefront

Phone: 703-524-7600

NAMI Homefront is a free, 6-session educational program for families, caregivers, and friends of military service members with mental health conditions. The classes are currently being offered on Zoom. Families learn how to support their service member, find services, understand treatment options and effective communication. If interested, find your local NAMI [here](#).

United Way 2-1-1

Phone (24/7): Dial 2-1-1

2-1-1 provides information and referrals to community agencies for a variety of needs, including mental health. Calls are routed to service centers based on your location. You may also search online for resources [here](#).

American Legion

Website: <https://www.legion.org/family>

The American Legion has youth mentoring programs and a family support network. They also help vets returning from war or retiring from the service to find employment. If interested in joining, please visit their [website](#).

Support Groups

Crisis & Disaster Resources

The Vet Center

Website: <https://www.vetcenter.va.gov/>

This agency offers community based groups that provide readjustment counseling for military personnel and their families.

Sidran Institute

Phone: 410-825-8888 ext. 102

Website: <https://www.sidran.org/help-desk/>

This organization has support groups for individuals who have been impacted by trauma. They also have resources to find treatment for PTSD and dissociative conditions.

PTSD Foundation of America

Phone: 877-717-7873

Website: <https://ptsdusa.org/get-help>

The PTSD Foundation provides counseling services to veterans, one-on-one mentoring and larger support groups to help veterans and families navigate and deal with PTSD.

American Legion

Phone: 877-717-7873

Website: <https://ptsdusa.org/get-help/>

The American Legion has youth mentoring programs, help with seeking benefits, an education center, a health center, and a career center to help vets returning from war or retiring from the service to find employment.

Mental Health Resources

NAMI

Website: <https://www.nami.org/Home>

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental

Crisis & Disaster Resources

illness. You can locate your nearest NAMI chapter by using the link above. There are chapters across the United States and they offer a variety of supportive services.

Substance Abuse and Mental Health Services Administration (SAMHSA)

This National Disaster Distress Helpline is available 24/7 to individuals who have been affected by a human or naturally caused disaster and in need of crisis counseling. Services are multilingual.

Call **(800) 985-5990** or visit the website [here](#) to access services.

Women's Rights

UN Women

Website: <https://www.unwomen.org/en>

UN Women is a global champion for gender equality, working to develop and uphold standards and create an environment in which woman and girls can exercise their human rights. UN Women has developed many programs that aim to strengthen the voice of females and remove structural barriers to gender equality.

Global Fund for Women

Website: <https://www.globalfundforwomen.org/>

This agency envisions a world where movements for gender justice have transformed power and privilege for a few into equity and equality for all. This agency has supported grassroots organizers to end civil wars, get female presidents elected, and secure laws giving new protections to millions of people.

International Alliance of Women

Website: <https://www.womenalliance.org/>

Founded in 1904 and based in Geneva, the International Alliance of Women (IAW) is an international NGO comprising 41 member organizations involved in the promotion of the human rights of women and girls globally.

The Association for Women's Rights in Development (AWID)

Website: <https://www.awid.org/>

Crisis & Disaster Resources

AWID is a global, feminist, membership, movement-support organization working to achieve gender justice and women's human rights worldwide.

Helping Others

Lutheran Immigration and Refugee Services

Phone: 410-230-2700

This organization is assisting with the resettlement of our Afghan allies by doing the following:

- Collecting donations
- Gathering signatures for a petition to government officials to ask that Afghan allies are protected. Learn more [here](#)
- Organizing volunteers to support Afghans who are being evacuated to US cities.

If interested, please visit their website: [here](#)

Charity Navigator

Website: www.charitynavigator.org

This organization reviews charities and assigns them a score based on the charity's financial health, accountability, and transparency. If interested, please view their list of recommended charities helping the Afghan people [here](#).

You can also view their list of immigration and refugee organizations [here](#).

Give Well

Website: www.givewell.org

This organization reviews charities and recommends them based on how many lives are saved or improved per dollar. Many of their recommendations focus on preventable diseases in the developing world. If interested, please view their list of recommended charities [here](#).

Crisis & Disaster Resources

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs.

©2020 Resources For Living