

DEAR Battle Buddy,

KEEP STAYING POSITIVE AND TAKE CARE OF YOURSELF.

ALWAYS REMEMBER....

I am worthy

I am worthy of love, kindness, and acceptance. I am worthy of investing in myself.

I am enough

I am enough just as I am. I am self-sufficient and can thrive and succeed without external support.

I am confident in my abilities

I am confident in my leadership abilities and decisions. I am a positive role model.

I am proud of my accomplishments

I am proud of my growth from life's experiences. I will accomplish anything I put my mind to.

I am capable

I am capable of learning and improving. I possess great intelligence and am fully capable of achieving anything I set my mind to.

KIND REGARDS,

NURSE MISSY

Missy



Veterans 24 hour Crisis Line- 1-800-273-8255



Emergency / Crisis Contacts

- Veterans Crisis Line
 - Call/Text: 988 (press 1)
 - Website: 988lifeline.org
 - Address: No physical location (national hotline)
 - Veterans 24 hour Crisis Line- 1-800-273-8255
- Combat Call Center Crisis Line 1-877-WAR-VETS
- VA Suicide Prevention Coordinator (North Florida/South Georgia)
 - Phone: (352) 548-6069 (Mon–Fri, business hours)
 - Address: VA Medical Center, 1601 SW Archer Rd, Gainesville, FL 32608
- National Call Center for Homeless Veterans
 - Phone: (877) 424-3838
 - Address: No physical location (national hotline)
- Florida Veterans Support Line
 - Phone: (844) 693-5838
 - Address: No physical location (statewide peer support)



Medical & Mental Health

- Jacksonville 1 VA Clinic (Urgent Care)
 - Phone: (904) 475-5800 (Press Nurse Line after hours)
 - Address: 1536 N Jefferson St, Jacksonville, FL 32209
- Jacksonville Vet Center After Hours
 - Call: 877-927-8387 for 24/7 Vet Center Crisis Counseling
 - Address: 3728 Philips Highway, Suite 31, Jacksonville, FL 32207
- UF Health Jacksonville ER
 - Phone: (904) 244-0411
 - Address: 655 W 8th St, Jacksonville, FL 32209



Housing / Homelessness

- Catholic Charities SSVF Hotline
 - Phone: (904) 354-4846 (Leave message after hours)
 - Address: 40 E Adams St, Suite 320, Jacksonville, FL 32202
- Changing Homelessness (Coordinated Entry)
 - Phone: (904) 354-1100 (Option 3)
 - Address: 615 Kent St, Jacksonville, FL 32204
- Five STAR Veterans Center
 - Phone: (904) 723-5950 (Leave message after hours)
 - Address: 40 Acme St, Jacksonville, FL 32211
- Homeless Veterans Hotline- 1-877-424-3838



Benefits & Claims

- Military Affairs & Veterans Department (City of Jacksonville)
 - Phone: (904) 255-5550 (Voicemail after hours)
 - Address: 117 W Duval St, Suite 175, Jacksonville, FL 32202
- Florida Department of Veterans' Affairs
 - Phone: (727) 319-7440
 - Address: 9500 Bay Pines Blvd, Bay Pines, FL 33744



Women Veteran Support

- Northeast Florida Women Veterans, Inc.
 - Phone: (904) 862-6039 (Leave message after hours)
 - Address: 103 Century 21 Dr #201, Jacksonville, FL 32216
- VA Women Veterans Program Manager (North Florida)
 - Phone: (352) 548-6068 (Mon–Fri, 8–4:30)
 - Address: VA Medical Center, 1601 SW Archer Rd, Gainesville, FL 32608
- Women Veterans Hotline 1-855-829-6636