

## 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

### 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

## 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

### 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

### 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](http://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

