California National Guard Help Card
www.calguard.ca.gov 1-916-854-3000 as of 7 Jul 10

Combat Stress	www.calguard.ca.gov/csc	
CNG Mental Health	www.calguard.ca.gov/mh/Pages/default.aspx 916-854-3019	
California National Guard Chaplain	Toll Free: 877-700-5662 Duty number: 916-854-3398 www.calguard.ca.gov/chaplain	9800 Goethe Road Sacramento, CA 95827
Employer Support of Guard & Reserve	Local contact (916)-854-3106 Email Jerrold.Jurin1@us.army.mil	9800 Goethe Box 37 Sacramento, CA 95827
Operation Ready Families Program	(800) 449-9662 (916) 361-4955 www.calguard.ca.gov/readyfamilies	10620 Mather Blvd Mather, CA 95655
American Red Cross	800-540-2000	www.redcross.org
CNG Staff Judge Advocate	916-854-3505	www.calguard.ca.gov/SJA
Peer to Peer Support	916 854-3409	www.calguard.ca.gov/j1/Pages/Peer_support.aspx
Suicide Awareness	800-273-TALK (8255)	www.suicidepreventionlifeline.org
Give An Hour (confidential mental health counseling to troops)		www.giveanhour.org

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CNG full time jobs	www.calguard.ca.gov/Pages/Jobs.aspx	
Military OneSource	800-342-9647	wwww.militaryonesource.com
TRIWEST 888-874-9378 www.triwest.com PO Box 77028 Madison, WI 93707		
Posttraumatic Stress Disorder www.ncptsd.va.gov	Traumatic brain injury:BrainLine.org	
Joint Substance Abuse Program	NGCASUBSTANCEABUSE@ng.army.mil	
Sexual Assault Prevention & Response Program	If assaulted call : 911 CNG Sexual Response Coordinator (SARC) 916-869-0787	www.calguard.ca.gov/ j1/Pages/SAPRP.aspx
CA Vet Centers	State locator toll free: 866-496-8838	www.va.gov/rcs
Department of Veterans Affairs	VA Benefits: 800-827-1000 Health Benefits: 877-222-8387	www.va.gov
CNG Transition Assistance Advisor / Veterans Liaison 916-854-3315	www.calguard.ca.gov/J1/veteransprogram email: J1@ca.ngb.armmy.mil	
Family and Soldier Tip Line (FAST Line)	1-800-924-7782	DSN 466-3199

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