Working With Patients: Referral

Finding referrals for service members with PTSD can be complicated.

Once a patient’s readiness to change is identified, you will be in a position to make a referral.

Patients in later stages should be immediately referred to mental health workers. Earlier stages or patients with more ambiguous symptom display may need to see their primary care physician for further consultation.

In all cases, provide the number of a mental health worker, literature on the diagnosis, and request a callback from the patient within 48 hours.

### Types of Referral Services:

In addition to simple referral, based on a patient’s need and comfort level, there are a range of sites to which you can refer a patient. These include:

**Support Groups**: Online and offline groups for veterans and other PTSD sufferers

**The National Center for PTSD: Support Group Search**

Provides information and tips for finding a peer support group in your area.

http://www.ptsd.va.gov/public/pages/peer_support_groups.asp

**Sidran Institute: Help Desk**

Provides referrals to trauma-related support groups

http://www.sidran.org/sub.cfm?contentID=19&sectionid=5

**Real Warriors Message Boards**
Real Warriors is a campaign launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE).
http://www.realwarriors.net/forum/index.php

**National Alliance for Mental Illness**
Weekly support groups for people living with mental illness.
http://www.nami.org/template.cfm?section=Education_Training_and_Peer_Support_Center

**Anxiety and Depression Association of America**
Search for a local support group
http://www.adaa.org/finding-help/getting-support/support-groups

**Treatment Centers:** Online and offline groups for veterans and other PTSD sufferers

**PTSD Program Locator**
Locate a VA-affiliated PTSD program. Additionally, all VA Medical Centers offer PTSD treatment, even if there is no specific PTSD program.

**VA Program Locator**
Find a VA near you
http://www.va.gov/directory/guide/home.asp

**Veteran Center Locator**
Many Vet Centers offer PTSD treatment and can help with the transition from military to civilian life.
http://www2.va.gov/directory/guide/vetcenter_flsh.asp

**Sidran Institute: Trauma Treatment Center**
Many Vet Centers offer PTSD treatment and can help with the transition from military to civilian life.

**Mental Health Professionals:** Locate of therapists and psychologists near you.

**The National Center for PTSD: Find a Therapist**
A guide to finding a therapist for treatment of PTSD

**American Psychological Association: Psychologist Locator**
Search tool for psychological services
http://locator.apa.org/

**Psychology Today: Therapist directory**
Search tool for therapists
http://therapists.psychologytoday.com/rms/

**Psychology Today: Psychiatrist directory**
Search tool for psychiatrists
http://psychiatrists.psychologytoday.com/rms/prof_search.php

**Hotlines:** Attentive 24/7 services for immediate comfort or emergency attention.

**Veteran Combat Call Center**
Available 24/7 for veterans who wish to speak to another combat veteran
1-877-WAR-VETS (1-877-927-8387)
DoD's Defense Centers of Excellence (DCoE)
24/7 Outreach Center for Psychological Health & Traumatic Brain Injury that provides information and helps locate resources.
1-866-966-1020 or email resources@dcoeoutreach.org

Military OneSource
For 24/7 counseling opportunities and other resources.
1-800-342-9647

Suicide Prevention Lifeline
For patients exhibiting severe suicidal ideation.
1-800-273-TALK (1-800-273-8255)
To be routed to the Veterans Crisis Line, dial 1 after being connected.

www.nurseptsdtoolkit.org
American Nurses Foundation Resource