

Resources and links from Kevin Hines Presents the Art of Wellness: Veterans

Thursday, May 27th, 2021

The Art of Wellness:

- 1) Therapy 2) Exercise 3) Nutrition 4) Education 5) Coping Strategies (mechanisms)
- 6) Avoid alcohol and drugs 7) Advocacy 8) Meditation
- 9) Medication 10) The Plan (*for when others need to step in and help*)

Kevin's Website <https://www.kevinhinesstory.com/>

Kevin's YouTube Channel <https://www.youtube.com/channel/UCYZeM7MIkXtU--r9BIDTQA>

Kevin's Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin's Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin's LinkedIn Profile

<https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHDuEUfVfK8mgAAAXi26QQ4wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXjcf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

Maryland's Commitment to Veterans-

Regional Resource Coordinators are devoted to assisting any Maryland resident who has served or is currently serving in the US Armed Services (Active duty, Guard or Reserve) and their families, with access to mental health and substance use services.

MCV also provides: Case management, Referral services, Peer support, Suicide prevention,

Weekly or bi-weekly check-ins through their special program, MCV Operation Roll Call, and Training and Education

Calls accepted 24/7 at 1-877-770-4801. For more information, visit

<https://bha.health.maryland.gov/veterans/Pages/Home.aspx>

Maryland Network of Care for Veterans-

The Network of Care provides fast and easy access to comprehensive community services, information, support, and assistance for Maryland veterans, service members, and their families.

<https://portal.networkofcare.org/Sites/maryland/Veterans>

inTransition

A free, confidential program that offers specialized coaching and assistance for active-duty service members, National Guard members, reservists, veterans, and retirees who need access to mental health care when:

Relocating to another assignment

Returning from deployment

Transitioning from active duty to reserve component or reserve component to active duty

Preparing to leave military service

...Or any other time they need a new mental health provider or need a provider for the first time.

<https://www.pdhealth.mil/resources/intransition>

Veterans Crisis Line- 24/7 Support-Dial 1-800-273-8255, then press 1.

Or text to 838255

The Veterans Crisis Line also offers a chat feature and support for deaf and hard of hearing.

Visit <https://www.veteranscrisisline.net/> for more information

Maryland Crisis Line – 24/7 support- Dial 211 then press 1 for information, referrals, and crisis intervention

<https://211md.org>

National Crisis Text Line-Text “TALK” or “CNQR” to 741741”

<https://www.crisistextline.org>

National Suicide Prevention Lifeline-24/7 support at **1-800-273-TALK**

<https://suicidepreventionlifeline.org>

Kevin practices Resonance Breathing- 4 seconds breathing in, hold breathe for 4 seconds, exhale for 8 seconds. He does this 30 times each in the morning, afternoon, and evening

Kevin's Book Recommendations:

Loving Someone with Bipolar Disorder (by Julie A. Fast)

Bipolar Disorder for Dummies (by Candida Fink and Joe Kraynak (Kevin is featured in the 3rd edition)

Movie: *The Bridge*, directed by Eric Steel (2005)

For more information about **The Bridge Rail Foundation**, visit <http://www.bridgerail.net/>

For more information on **Transcendental Meditation**, visit <https://www.tm.org>

Kevin uses the Calm and Headspace Apps.

<https://www.calm.com>

<https://www.headspace.com>

NotOK App-<https://www.notokapp.com/>

Online counseling sites Kevin recommends: Betterhelp and Talkspace

<https://www.betterhelp.com>

<https://www.talkspace.com>

#SAMEHERE: The Global Mental Health Movement

<https://samehereglobal.org/>

The L.I.F.E Saver Tool

<https://samehereglobal.org/lifesaver/>

Panelist: Pete Smith, Anne Arundel County Military and Veterans Liaison

<https://www.aacounty.org/boards-and-commissions/veterans-affairs-commission/index.html>

Maryland Department of Affairs Resource Guide for Veterans and their Families

<https://www.aacounty.org/boards-and-commissions/veterans-affairs-commission/forms-and-publications/resource-guide-082019.pdf>