

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

Referral Methods	
Pre-contemplation	Refer clients to literature on PTSD and leave the door open for future consultation.
Contemplation	Review all options and put a phone number in their hand for mental health.
Preparation/Action	Make an appointment with a mental health worker immediately.

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§ionid=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.
http://www.va.gov/directory/guide/ptsd_flash.asp

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_flash.asp

Sidran Institute: Trauma Treatment Center

Many Vet Centers offer PTSD treatment and can help with the transition from military to civilian life.
<http://www.sidran.org/pdf/traumatreatmentcenters.pdf>

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
<http://www.ptsd.va.gov/public/pages/finding-a-therapist.asp>

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