



TAPS.ORG/PROGRAMS-SERVICES

For the Loved Ones of Those Who Served and Died

TAPS®

**TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS
PROGRAMS AND SERVICES**



TAPS NATIONAL MILITARY SURVIVOR HELPLINE • 202-959-TAPS (8277)

A caring network of peer professionals is standing by to provide emotional support, connection to resources and programs, a listening ear, and open access to all that TAPS provides. Survivors can call any time, day or night. We always answer, we always have time, and we always care.



PEER-BASED EMOTIONAL SUPPORT • TAPS.ORG/PEERMENTORS

At TAPS, survivors help survivors heal. Survivors at least 18 months out from their loss can receive training and join our national network of Peer Mentors. Newly bereaved survivors are closely matched with a Peer Mentor based on manner of loss and relationship to their loved one to help them navigate their unique needs in the aftermath of loss.



COMMUNITY-BASED GRIEF SUPPORT • TAPS.ORG/GRIEFCOUNSELING

The right mental health or grief professional can guide military survivors to discover their strengths, develop coping skills, navigate relationships, and explore secondary losses. TAPS carefully connects survivors to the right mental health professional, trauma resources, and support groups, all within their local community.



CASEWORK ASSISTANCE • TAPS.ORG/CASEWORK

Our casework team provides compassionate, customized support to surviving families in alignment with TAPS partners and third-party resources. Caseworkers can provide pro-bono legal assistance, emergency financial resources, state and federal benefit information, and private social services support to guide families toward long-term stability and self-sufficiency.



EDUCATION SUPPORT • TAPS.ORG/EDU

TAPS Education Support services empower survivors in pursuit of post-secondary education by connecting them to benefits, resources, and scholarship information that meet their financial needs and educational goals.



SURVIVOR CARE TEAM • TAPS.ORG/SURVIVORCARETEAM

Survivor Care Team members are surviving military family members with extensive professional training in peer-based support, traumatic death, suicide prevention and postvention, and grief support. These skilled listeners assess the needs of the newly bereaved, create safe spaces for sharing, and empower the pursuit of the healthy coping skills and long-term support systems TAPS can provide.



SUICIDE LOSS SUPPORT • TAPS.ORG/SUICIDE

Death by suicide can leave behind a wake of powerful, complicated emotions and questions that shape a unique grief journey. TAPS provides compassionate support and hope for all suicide-loss survivors and safe spaces to honor and grieve. Survivors are gently guided toward a path of healthy grieving, healing, and growth.

ILLNESS LOSS SUPPORT • TAPS.ORG/CAREGIVER

TAPS ensures families whose loved one died from illness are recognized, cared for, and aware of pertinent benefits. We advocate for improvements in caregiver support and raise critical awareness about the unique needs and situations of military caregiving families, including the effects of toxic exposure. TAPS also provides healing peer connections and programs that support healthy next steps for caregiving survivors.



ONLINE COMMUNITY • TAPS.ORG/ONLINECOMMUNITY

Our online community brings the meaningful connections of TAPS directly to survivors, wherever they are. Online groups are peer-led, facilitated sessions where there's never pressure to share, but always an opportunity. TAPS workshops and online series build supportive communities that learn and process new information together and create space to share perspectives in an effort to find inspiration, clarity, and connection.



WOMEN'S EMPOWERMENT • TAPS.ORG/EMPOWERMENT

TAPS Women's Empowerment programming provides surviving women with the tools and confidence to shape their identity, spirituality, and goal setting in their lives after loss. A combination of in-person and online events foster a vibrant, compassionate community where participants treasure opportunities to be each other's teachers, confidants, cheerleaders, and friends.



MEN'S PROGRAM • TAPS.ORG/MEN

The TAPS Men's Program was designed by men, for men. It paves the way for all men to grieve their way, at their own pace. Surviving men lean on each other, share perspectives, grow stronger by elevating one another, and honor the legacy of their military and veteran loved ones.



YOUTH PROGRAMS • TAPS.ORG/YOUTHPROGRAMS

Though their lives are impacted by grief, young TAPS survivors know their lives will also be marked by camaraderie, mentorship, emotional maturity, adventure, and fun. TAPS Youth Programs — led by experts in child development, children's grief and loss, mental health, and education — provide safe spaces for surviving military children (ages 5-18) to explore grief and embrace healing at Good Grief Camps and Family Camps. Online programming is also available for parents and guardians of grieving children.



YOUNG ADULTS PROGRAM • TAPS.ORG/YOUNGADULTS

Five pillars of growth — Personal Development, Financial Stability, Communication, Career Development, and Service to Others — guide survivors, ages 18-30, as they grow with their grief. Through in-person, multi-day experiences, and online group discussions, young adult survivors connect and engage with others to create a well-rounded life full of hope, healing, and growth.



TAPS INSTITUTE FOR HOPE AND HEALING® • TAPS.ORG/INSTITUTE

The TAPS Institute for Hope and Healing® is a leader in training and education for grief professionals and bereaved individuals and families. The institute provides no-cost grief and bereavement programming through webinars, webcasts, and other events on a variety of topics, including understanding and responding to suicide; children's grief; coping with loss; wellness workshops; and preserving memories of lost loved ones. Professionals can access academic programs and a wide range of continuing education credits.



SPORTS AND ENTERTAINMENT • TAPS.ORG/ENTERTAINMENT

Stars4TAPS and teams4taps collaborate with the entertainment industry and sports organizations across the country and in the U.K. to bring joy, healing, and incredible memories to surviving military families as they honor their fallen heroes.

