

# WOMEN VETERANS RESOURCES



VA Center for Women Veterans: <https://www.va.gov/womenvet/>

Women Veterans Call Center: 1-855-VA-WOMEN (1-855-829-6636)

Women in Military Service for America Memorial: <https://www.womensmemorial.org/>

Department of Labor–Women Veterans: <https://www.dol.gov/agencies/vets/womenveterans>

National Association of State Women Veterans Coordinators: <https://www.naswvc.org/>

DAV Women Veterans: <https://www.dav.org/women-veterans/>

VA Women’s Health Services: <https://www.va.gov/health-care/health-needs-conditions/womens-health-needs/>

Women Veterans Healthcare: <https://www.womenshealth.va.gov/>

American College of Obstetricians and Gynecologists: [www.acog.org](http://www.acog.org)

Endocrine Society: [www.endo-society.org](http://www.endo-society.org)

Health Professionals Advancing LGBTQ Equality: [www.glma.org](http://www.glma.org)

Office on Women’s Health: [www.womenshealth.gov](http://www.womenshealth.gov)

Hormone Health Network: [www.hormone.org](http://www.hormone.org)

Healthy Women: [www.healthywomen.org](http://www.healthywomen.org)

National Institutes of Health – Office of Research on Women’s Health: <http://orwh.od.nih.gov>

Centers for Disease Control and Prevention – WiseWoman: [www.cdc.gov/wisewoman](http://www.cdc.gov/wisewoman)

You Matter – Suicide Prevention: <https://youmatter.suicidepreventionlifeline.org/ok-not-ok/>

The Holistic Psychologist: <https://yourholisticpsychologist.com/>

Center for Women’s Mental Health: <https://womensmentalhealth.org/>

National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/women-and-mental-health/index.shtml>

American Psychiatric Association, Diversity & Health Equity Education–Women: <https://www.psychiatry.org/psychiatrists/practice/professional-interests/women/womens-mental-health>

The Center for Women Veterans (CWA) was established within the Department of Veterans Affairs by Public Law 103-446 in November 1994. The Center's mission is to:

- Monitor and coordinate the VA's delivery of health care, benefits, and programs for women veterans.
- Advocate for cultural transformation (within VA and in the general public) in recognizing the service and contributions of women veterans and women in the military.
- Raise awareness of the responsibility to treat women veterans with dignity and respect.



## Get Social: Follow these on Facebook and Instagram:

<https://www.facebook.com/womenshealthmagazine/>

<https://www.facebook.com/Instituteofwomenshealth/>

<https://www.facebook.com/IntegrativePelvicHealth/>

# VETERANS RESOURCES



## Accessing VA Healthcare:

[www.va.gov/resources](http://www.va.gov/resources)

[www.1010ez.med.va.gov/sec/vha/1010ez/](http://www.1010ez.med.va.gov/sec/vha/1010ez/) - Enrollment Form

## Dealing with Stress or PTSD Issues:

[www.ncptsd.va.gov](http://www.ncptsd.va.gov) - Returning from the War Zone: Guide for Families;

[www.pdhealth.mil](http://www.pdhealth.mil) - Links to BattleMind

[www.cdc.gov](http://www.cdc.gov) - Job Stress

[www.ptsdusa.org](http://www.ptsdusa.org) – Post Traumatic Stress Disorder

## Dealing with Anger and Irritability:

[www.usuhs.mil](http://www.usuhs.mil) - Courage to Care

[www.ndvh.org](http://www.ndvh.org) - National Domestic Violence Hotline

[www.ncptsd.va.gov/ncmain/ncdocs](http://www.ncptsd.va.gov/ncmain/ncdocs) - Anger and Trauma

[www.militaryonesource.com](http://www.militaryonesource.com) - Combat Stress Resources for Military Families

## Health Promotion and Disease Prevention:

[www.prevention.va.gov](http://www.prevention.va.gov) - Health Information for Veterans

[www.myhealthvet.va.gov](http://www.myhealthvet.va.gov) – Health Education

[www.publichealth.va.gov/smoking](http://www.publichealth.va.gov/smoking) - Smoking Cessation

[www.caregiver.va.gov](http://www.caregiver.va.gov) – Caregiver Support

## Help with Depression, Drinking, Drug Use and Suicide Prevention:

[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov) - Mental Health Info and How to Access Services

[www.niaaa.nih.gov](http://www.niaaa.nih.gov) FAQ's and Handouts about Alcohol

[www.nida.nih.gov](http://www.nida.nih.gov) - Drug Abuse and Addiction Basic Facts

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) - VA National Suicide Prevention Hotline

[www.militaryfamily.org](http://www.militaryfamily.org) – Family retreats, kids camps

## Post-Deployment Help 24-7:

1-800-342-9647

## Education (GI Bill):

1-888-442-4551

## Health Care Benefits:

1-877-222-8387

## VA Depleted Uranium

### Follow-up Program:

1-800-815-7533

## National Domestic Violence

### Hotline:

1-800-799-SAFE (7233)

## VA Suicide Prevention Hotline:

1-800-273-TALK (8255)

## Alcohol and Drug Treatment

### Center Referral:

1-800-821-4357

## National Institute of Mental

### Health Information Center:

1-866-615-6464

## Vet Jobs:

1-877.Vet.Jobs (838-5627)

## VA Caregivers Support:

1-855-260-3274



## A Telephone-Friendly Visitor Program!

"Our mission is to ensure Veterans receive the right care, in the right place, at the right time, and to make the home, whenever appropriate, into the preferred place of care."

### THE PROGRAM

- Visit with a Veteran over the phone, tablet, or computer.
- Matches trained volunteers with Veterans for 1:1 socialization and support.

### THE VISIT

Each Veteran has a friendly visitor to share his or her stories. Volunteer has one-on-one interaction with one of our nation's heroes. Caregiver may be provided respite on a regular basis.



### Connected Care Programs

