

# 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

**VA Health Care**

Did you know...  
More than 8 million Veterans choose VA health care and meet the Affordable Care Act health coverage requirements.

EXPLORE VA BENEFITS AT [VA.gov](http://VA.gov) ChooseVA

### EXPLORE COMMUNITY CARE RESOURCES

<b>Veterans</b> Learn about eligibility, appointments, getting care, costs and billing.	<b>Dependents</b> Learn about eligibility, appointments, getting care, costs and billing.	<b>Caregivers</b> Learn about VA caregiver benefits.
<b>Providers</b> Join the VA network, register for billing, file a claim and sign up for updates.	<b>Payors</b> Information for third party insurance companies about billing, rates and charges.	<b>Support</b> Contact us by e-mail, phone or mail.

### 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**

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.

**COMPASSIONATE CONTACT CORPS**

### Connected Care Programs

The Office of Connected Care brings VA digital technology to Veterans and health care professionals, enabling services to be beyond the traditional office visit. Through virtual technology, VA is able to deliver care to patients where and when they need it.

Become an active participant in your own health care.

The Healthcare Connectors program allows Veterans to self-prescribe, manage their care teams and access their personal health information.

**VA Telehealth**  
Access the right care in the right place at the right time.

VA Telehealth services are provided by connecting services to care team members or third parties.

**VA Mobile**  
Access dozens of apps for Veterans, Caregivers and VA Staff.