**Educational and Treatment Resources for Veterans**

***Enrollment in VA Healthcare***

Please see the eligibility criteria (below)**.** If you are unsure if you are eligible for VA Healthcare, you can call an enrollment specialist at your local VA facility or (877) 222-VETS (8387).

To check eligibility: <http://www.va.gov/healthBenefits/resources/eligibility_check.asp>

To enroll online, visit the enrollment website: <https://www.1010ez.med.va.gov/sec/vha/1010ez/>

There is also information about enrollment on this VA website: [www.mentalhealth.va.gov/communityproviders](http://www.mentalhealth.va.gov/communityproviders)

My Healthy Veteran Portal:

My Health***e***Vet is the VA's Personal Health Record. It was designed for Veterans, active duty Servicemembers, their dependents and caregivers. My Health***e***Vet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions.

<https://www.myhealth.va.gov/index.html>

***Locating the nearest VA hospital, CBOC, and Vet Center?***

Find the nearest program to you using the VA program finder (below).We suggest asking the operator for the specific program that you would like more information about (for example, Mental Health Services, PTSD clinic, Substance Use Clinic, Pain Management Clinic, or Cognitive Rehabilitation). Once connected to the clinic, ask who the best contact person would be to discuss working with or referring a Veteran for services. Write the name and number below for the Veteran to take with them, as well as other information provided. If the VA provider to whom you were referred does not answer his or her telephone, please leave a message with contact information so that he or she can reach out to you.

Local VA facility locator: <http://www2.va.gov/directory/guide/home.asp?isFlash=0>

The VA Healthcare system is large and each facility may vary in the services it offers. If you have had difficulty contacting someone directly at the numbers provided in the program locator or the OEF/OIF program manager and team locator, here are some other suggestions for connecting with VA services.

For questions regarding VA enrollment or other general VA member questions, locate your nearest facility at the link provided above and request to speak with ***Member Services***.

***Services and resources available specifically for OEF/OIF/OND Veterans***

Check the link below to find your nearest OEF/OIF/OND program manager and team.

OEF/OIF/OND Program Manger and team locator: <http://www.oefoif.va.gov/map.asp>

***Beginning the process of submitting a benefits claim for injuries related to military service***

You can use the program locator [below] to find the Veterans Service Organization (VSO) closest to your area. Additional information and online filing can be found at the ebenefits website (below). The Vet Centers also sometimes aid in the process of filing for benefits, you can contact your local Vet Center to see if they have these services available (below).

VSO Locator: <http://www.va.gov/ogc/apps/accreditation/index.asp>

eBenefits: <https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>

Vet Center locator: <http://www2.va.gov/directory/GUIDE/vetcenter_flsh.asp>

***Information on using college benefits such as the GI Bill or Voc Rehab (Chapter 31).***

Please see the college benefits website (below). For additional information on attending college as a student Veteran you can also take a look at the Student Veterans of America (SVA, below) website. These websites provide helpful information for adjusting to the college setting. PTSD symptoms can also qualify you for accommodations at your college or university (for example, additional time for timed tests).

College benefits website: <http://www.gibill.va.gov/>

SVA: <http://www.studentveterans.org/>

***Online Resources for Psychological Health***

***A number to call or to refer a friend to because of mental health symptoms or thoughts of suicide:*** SAMHSA has partnered with the VA to implement the Veteran’s crisis line, Veterans can call this number or join a live online chat. For the crisis line, Veterans can call the number and press 1 for Veteran and they can click on the link below to chat online with a professional.

1-800-273-TALK (8255), press 1 for Veterans or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

Live Chat: <http://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat>

[**National Center for PTSD**](http://www.ptsd.va.gov/)

<http://www.ptsd.va.gov/>

This website is a goldmine of information and resources on readjustment and PTSD for Veterans and their families and providers. It includes informational handouts, assessments, and video trainings (some which provide CEU credit).

[**After Deployment**](http://Afterdeployment.org)

[www.afterdeployment.org](http://www.afterdeployment.org)

This website provides information and resources on conditions impacting Veterans and their families. Veterans can engage in workshops on various conditions, learning more about how to assess and cope with symptoms. In addition, it provides information on resilience and fostering resilience. The smartphone apps developed by DoD and VA are also listed within the provider portal.  
  
[**Make the Connection**](http://Maketheconnection.net)

[www.maketheconnection.net](http://www.maketheconnection.net)

Make the connection covers a range of symptoms and conditions that Veterans may experience such as insomnia, anger, depression, pain, and PTSD. Veterans and providers can watch videos of Veterans telling their stories, download information materials on these signs and conditions, and can learn more about connecting to care.

[**Center for Deployment Psychology (CDP)**](http://deploymentpsych.org/)

<http://deploymentpsych.org/>

The Center for Deployment Psychology provides materials and information on deployment related behavioral health services and treatment for military service members and their families. They also provide online coursework on treatments.   
  
[**PTSD Coach – Smartphone App**](http://itunes.apple.com/us/app/ptsd-coach/id430646302?mt=8)

<http://itunes.apple.com/us/app/ptsd-coach/id430646302?mt=8>

The PTSD coach is a phone application for iphone and Android. It was developed by the Department of Defense and the National Center for PTSD and provides tools for assessing and coping with PTSD symptoms.

View other smartphone apps for various things such as relaxation and mood tracking at:

<http://www.afterdeployment.org/providers/home>

**Real Warriors Campaign**

[www.realwarriors.net](http://www.realwarriors.net)

**Military One Source**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury**

[www.dcoe.health.mil](http://www.dcoe.health.mil)

**VHA Community Provider Site**

<http://www.mentalhealth.va.gov/communityproviders>

**The VA Medical Center also communicates updates and news via social media. Follow news from your local VA Medical Center on Facebook or Twitter:**

*Department of Veterans Affairs on Facebook*: https://www.facebook.com/#!/VeteransAffairs

*Department of Veterans Affairs on Twitter*: Veterans Affairs@DeptVetAffairs