

RESOURCES



Veterans Administration Healthcare System (VA)

The VA is a healthcare center where you can get healthcare for physical and mental concerns. There are targeted benefits available to OEF/OIF/ONF veterans such as yourself, including 5 years of free services after you discharge.

VA Mental Health Resources: [mentalhealth.va.gov](https://www.mentalhealth.va.gov)

OEF/OIF/OND Veteran Healthcare by the VA: [oeoif.va.gov](https://www.oeoif.va.gov)

VA Locations near you: [va.gov/find-locations](https://www.va.gov/find-locations)

Vet Centers

Vet Centers are typically smaller facilities than VAs but have many of the same resources. Providers at these centers are sometimes Veterans themselves. To learn more follow this link: [vetcenter.va.gov](https://www.vetcenter.va.gov)

FIND A VET CENTER NEAR YOU

Using your city, state, or postal code: [va.gov/find-locations/?facilityType=veteran center](https://www.va.gov/find-locations/?facilityType=veteran+center)

You can also search for other facilities and/or type of service that you are looking for (ex. benefits, urgent care, hospitals, etc.)

City, state or postal code (*Required) Use my location

Facility type (*Required) Service type

Vet Centers Search

Please enter a location (street, city, state, or postal code) and facility type, then click search above to find facilities.

Veteran Crisis Line

The **Veteran's Crisis Line** is a national hotline you can call 24/7 to talk about any concerns you are having about keeping yourself safe. They can provide you with resources or talk to you during a difficult time.

Website: www.veteranscrisisline.net

Hotline: 1-800-273-8255

Text: 838255

IM: www.veteranscrisisline.net/get-help/chat



Substance Use Resources

There are several resources available to you if you have concerns about your drinking or use of other drugs. You can find more information about substance use care at the VA here: www.mentalhealth.va.gov/substance-use/index.asp

Alcoholics Anonymous (AA)

www.aa.org

Meeting finder: www.aa.org/find-aa

Narcotics Anonymous (NA)

www.na.org

Meeting finder: www.na.org/meetingsearch/

SMART Recovery: Uses principles based on cognitive-behavioral therapy to control/limit substance use

www.smartrecovery.org

Meeting finder: www.smartrecoverytest.org/local/

VetChange: Veteran-specific alcohol use resources

www.vetchange.org

ADDITIONAL RESOURCES

Sexual Assault

The VA has clinics dedicated to military sexual trauma. Their website offers treatment options and several resources:

www.mentalhealth.va.gov/mentalhealth/msthome/

National Sexual Assault Hotline

- Website: www.rainn.org
- Phone: 1-800-656-HOPE (4673)
- Live Chat: online.rainn.org

Domestic Violence

National Domestic Violence Hotline

- Website: www.thehotline.org
- Phone: 1-800-799-SAFE (7233)
- Live Chat: thehotline.org/what-is-live-chat

Connect with Other Veterans

These organizations help connect veterans and offer support. They offer a number of resources, such as help with job placement or assistance finding care.

Wounded Warrior Project:
www.woundedwarriorproject.org

RallyPoint:
www.rallypoint.com

We Are the Mighty:
www.wearethemighty.com



Other General Post-Deployment Resources

- **After Deployment** is an online resource available to veterans and active-duty service members. It covers topics ranging from PTSD, alcohol use, and depression, to families, finances, and careers. www.afterdeployment.org
- **Make the Connection** helps veterans connect with other servicemembers about their stories of adversity and recovery, and provides resources and information about issues relevant to military communities. www.maketheconnection.net
- **Real Warriors** is dedicated to helping service members and veterans better understand what help is available for mental health concerns like PTSD and depression. www.realwarriors.net
- **About Face** has videos of veterans and clinicians discussing their experiences with treatment for mental health concerns. www.ptsd.va.gov/apps/AboutFace

Non-Veteran-Specific Resources

- Easily searchable general resources (work, food, healthcare, transit, legal, etc.): www.findhelp.org
- General Alcohol Use Treatment: www.alcoholtreatment.niaaa.nih.gov

