

RESOURCES

MENTAL HEALTH & PHYSICAL DISABILITIES

VA Mental Health Services (MHS) Website

Information on resources and initiatives for fulfilling its mission to maintain and improve the health and well-being of Veterans through excellence in health care, social services, education, and research.

Veterans Crisis Line

Free, confidential support, 24 hours a day, seven days a week at 1-800-273-8255 and Press 1. Or you can also use the Veterans Crisis Line [online chat](#).

VA Caregiver Support Program

Information and resources on [VA's Caregiver Support Program](#). VA's Caregiver Support Line, 1-855-260-3274, is available 8am-11pm Monday through Friday and Saturday 10:30am-6pm — Eastern. The line serves as a resource for Caregivers and Veterans from all eras, professions, and the general public; provides referrals to local VA Medical Center Caregiver Support Coordinators and VA/community resources; and, offers emotional support.

My HealthVet

In-depth information on conditions, tips for managing symptoms, and steps for recovery.

Transition Assistance Resources

VA's eBenefits site, which links to resources and materials for helping transitioning Service members understand the services available through the VA and the military health system.

eBenefits

VA's one-stop shop for online benefits-related tools and information.

National Suicide Prevention Hotline PH# 1-800-273-8255 24hrs a day [Visit their site](#)

USMC Sgt Merlin German Call Center PH# 1-877-487-6299 24hrs a day [Visit their site](#)

Provides and enables assistance to wounded, ill and injured Marines, sailors attached to or in support of Marine units, and their family members in order to assist them as they return to duty or transition to civilian life.

About Face

Learn about posttraumatic stress disorder (PTSD) from Veterans who live with it every day. Hear their stories. Find out how treatment turned their lives around.

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury PH# 866-966-1020 [Visit their site](#)

The Focus Project: Family Resiliency Training PH# 1-310-794-2482 [Visit their site](#)

FOCUS (Families OverComing Under Stress™) provides resiliency training to military children and families.

National Resource Directory (NRD)

Connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.

Mobile App Helps Veterans Manage PTSD

VA and the Department of Defense have created free smart phone applications—like the [PTSD Coach](#)—that can help Vets identify signs of PTSD, manage symptoms, and connect with resources and help instantly.

FAMILY SUPPORT

The Focus Project: Family Resiliency Training PH# 1-310-794-2482 [Visit their site](#)

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FINANCIAL AID

SCORE is committed to helping veterans, service members and their families looking to start and grow small businesses with significant, long term success. SCORE provides advice, training programs, and long term mentors for the life of any small business – no matter the stage. **Veteran Fast Launch Initiative.** It provides: a mentoring program where Veteran Fast Launch participants are assigned a highly experienced mentor to guide them every step of the way; and FREE or significantly discounted resources for starting businesses, such as computer software and business services (provided by major corporate partners) [Click here to learn more.](#)

U.S. Department of Veterans Affairs Education Benefits

Survivors' and Dependents' Educational Assistance Program (DEA)

Federal Benefits for Veterans and Dependents

Veterans On-Line Application (VONAPP)

VONAPP allows veterans to apply online for various veterans benefits, including veterans education benefits.

Military Officers Association of America (MOAA)

MOAA offers several educational assistance programs, including interest-free loans, grants and the American Patriot Scholarship

Army Emergency Relief. Offers Dependent Children Education Program and Spouse Education Program.

Air Force Aid Society. Offers General Henry H. Arnold Education Grant Program and General George S. Brown Spouse Tuition Assistance Program (STAP).

Marine Corps Scholarship Foundation. Offers more than 1,600 scholarships a year totaling about \$5 million to children of members of the Marine Corps who have been killed or wounded in combat or who demonstrate financial need.

Navy Marine Corps Relief Society. Offers VADM E.P. Travers Scholarship and Loan Program, USS Tennessee Scholarship Fund, Dependents of Deceased Service Members Scholarship Program, Admiral Mike Boorda Scholarship Program, Bridge Loans for Tuition Assistance Program and GI Bill and Spouse Tuition Aid Program (STAP).

Coast Guard Mutual Aid. Offers the CGMA Supplemental Education Grant (SEG) Program, Stafford/PLUS Loan Origination Fee Refund Program and CGMA Supplemental Student Loans. See also the USCG Foundation Education Grant Program.

National Association for Uniformed Services (NAUS). NAUS offers several undergraduate scholarships annually. For more information, see www.NAUS.org/scholarship.

ThanksUSA Scholarship Program

ThanksUSA is a non-profit tax exempt charitable organization focused on thanking American troops.

MISCELLANEOUS

VA Guide and Service Dogs - Health Care

VA Service Dog FAQ

Pets For Vets

How to Assemble and Ship Care Packages For Our Troops