# HOW CAN I HELP YOU?

## VA Facility Locator

- VA facilities including additional state and local resources

Information available at: [www.va.gov/landing2_locations.htm](http://www.va.gov/landing2_locations.htm)

## Transition and Veteran Employment Services

- Helps Veterans and transitioning Military Service Members find federal careers
- Military Skills Translator, Resume Builder and Federal Job Search functions

Note: Visit [http://explore.va.gov](http://explore.va.gov) to learn about other employment resources provided by VA.

Information available at: [www.vaforyvets.va.gov](http://www.vaforyvets.va.gov)

1-855-824-8397

[http://explore.va.gov/employment-services](http://explore.va.gov/employment-services)

## Transition Assistance Program (TAP)

- TAP may include:
  - Transition from Service briefings and assistance

Information available at: [www.benefits.va.gov/TAP/](http://www.benefits.va.gov/TAP/)

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## Veterans Health Administration

### Health Care Benefits or Application Questions

- VHA provides:
  - Primary care
  - Mental health care (including Veteran-specific treatment for PTSD, TBI care, etc.)
  - Preventative care
  - A wide variety of specialty care
  - Inpatient and outpatient pharmacy
  - Geriatric care
  - Long term care and support

Note: For basic information and an easy to understand eligibility quiz with digital resource links go to: [http://explore.va.gov/](http://explore.va.gov/)

Program Information: [www.va.gov/healthbenefits/](http://www.va.gov/healthbenefits/)

1-877-222-VETS (8387)

Eligibility Information: [www.va.gov/healthbenefits/applyveterans.asp](http://www.va.gov/healthbenefits/applyveterans.asp)

How to Apply: [www.1010ez.med.va.gov](http://www.1010ez.med.va.gov)

Application and General Information available at: [http://explore.va.gov/health-care](http://explore.va.gov/health-care) provides basic information to Veterans and their families and directs them to the latest online information and application sites. The site's video gallery holds Veteran testimonial videos about health care.

Information for both resources available at: [www.mychealth.va.gov/index.html](http://www.mychealth.va.gov/index.html)

1-877-327-0022

### Access to Patient Medical Information

- My HealthVet is VA's online personal health record system designed to help VA patients manage their healthcare records and notes from medical providers
- Blue Button allows you to share info between VA and non VA providers.

Information available at: [www.womenshealth.va.gov](http://www.womenshealth.va.gov)

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

Information available at: [www.ruralhealth.va.gov](http://www.ruralhealth.va.gov)

### Women Veteran Support

- The Women Veterans Health Program addresses health care needs of women Veterans to ensure that timely, equitable, high-quality, comprehensive health care services are available and provided

Information available at: [www.ruralhealth.va.gov](http://www.ruralhealth.va.gov)

### Rural Veteran Support

- The VA Office of Rural Health helps rural Veterans access medical care through VA facilities

Information available at: [www.ruralhealth.va.gov](http://www.ruralhealth.va.gov)

### Mental Health Support

- Authoritative mental health information and resources for Veterans and their families.
- Self-help toolbox
- Where to get help
- Comprehensive guide to VA Mental Health Services
- Veterans Crisis Line website has a live chat function

Information available at: [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

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

[https://www.veteranscrisisline.net/](https://www.veteranscrisisline.net/)

Guide to VA Mental Health Services for Veterans and Families:

[www.mentalhealth.va.gov/docs/MHG_English.pdf](http://www.mentalhealth.va.gov/docs/MHG_English.pdf)

Information available at: 1-877-WAR-VETS (927-8387)

### Veteran (Vet) Center Information

- Vet Centers provide:
  - Individual and group counseling
  - Discharge upgrade information
  - Community, social service and medical referrals
  - Employee assistance referrals
  - VA Benefits assistance referrals

Information available at: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

1-877-WAR-VETS (927-8387)

Locate a Vet Center near you at: [www.va.gov/directorydev/vetcenter.asp](http://www.va.gov/directorydev/vetcenter.asp)

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## National Cemetery Administration

### Burial and Memorial Benefits Information

- VA offers Veterans and their dependents:
  - Burial and honoring services, including gravesites and grave liners
  - Maintenance of national cemeteries
  - Headstones, markers, and presidential memorial certificates

Note: VBA manages additional memorial benefits

Information available at: [www.cem.va.gov](http://www.cem.va.gov)

1-800-827-1000

Application and benefit information about both VBA and NCA managed memorial benefits available at: [http://explore.va.gov](http://explore.va.gov/)

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For information about VA Health Care, call the VA Helpline:
1-877-222-VETS (8387) Monday-Friday 8am-8pm EST*

*Call back service may be available after hours
### Veterans Benefits Administration

#### Benefits Information & Eligibility Questions
- Basic information about programs, eligibility, links to online application sites, testimonial videos, and an easy-to-understand eligibility quiz with digital resource links are available on [http://explore.va.gov](http://explore.va.gov).
- A hardcopy and online handbook is available for benefits and qualifications information.
- Further benefits and eligibility information is available at [ebenefits.va.gov](http://www.ebenefits.va.gov).

#### Benefits Applications & Claim Questions
- Information, forms, and phone numbers are available online for Veterans and their dependents.
- Links to online application sites and other online resources where Veterans can get answers are on [http://explore.va.gov](http://explore.va.gov).

#### Home Loan Guaranty Program Questions or Payment on a VA-Provided Home Loan
- VA guarantees loans made by private lenders. The VA provides Specially Adapted Housing (SAH) grants for severely disabled Veterans.
- Note: VHA provides HISA grants to eligible Veterans for use in modifying a home. These are smaller grants.

#### Vocational Rehabilitation and Employment (VR&E) Information
- The VR&E program provides:
  - Assistance in finding employment with programs such as vocational assessments, counseling, education, tuition/stipends related to employment and employment planning.
- Note: Links to VR&E as well as other employment resources can be found on [http://explore.va.gov](http://explore.va.gov).

#### Education and Post-9/11 GI Bill Benefits
- The post-9/11 GI Bill pays higher education tuition, housing, and stipends for Veterans, service members, or their dependents.
- Eligibility - served at least 90 days on active duty after 9/10/2001.
- An important starting point - GI Bill Comparison Tool.

#### Pension
- Pension benefits descriptions, eligibility, and application forms are available online.
- Basic info, forms, and links to resources for Veterans' Pensions, Survivors Pension, and Special Monthly Pension for Veterans on [http://explore.va.gov](http://explore.va.gov/).

#### Fiduciary
- Program for Veterans and other beneficiaries who, due to injury, disease, or due to age, are unable to manage their financial affairs.
- Apply for benefit or to become a fiduciary for a Veteran.

#### Insurance and TSGLI/SGLI Questions
- Veterans are eligible for:
  - Service-Disabled Veterans Insurance (S-DVI), Service members’ Group Life Insurance (SGLI), Veterans Group Life Insurance (VGLI), and/or Veterans’ Mortgage Life Insurance (VMLI), SGLI Traumatic Injury Protection (TSGLI), Servicemembers’ Group Life Insurance Disability Extension (SGLI-DE), Family Servicemembers’ Group Life Insurance (FGSLI).

#### Disability Compensation Questions
- Disability compensation is a tax-free benefit paid to eligible Veterans.
- Eligibility is determined by injuries/diseases from/aggravated by service.

#### Dependency & Indemnity Compensation for Veteran's Dependents
- Dependents may be awarded tax-free benefits for:
  - Death during military service or post-service related to a service-connected disability.
  - Death after extended period of 100 percent disability.
- Note: Links and information to VA benefits and services available to dependents, survivors and spouses are available on [http://explore.va.gov](http://explore.va.gov). DIC is just one of many benefits available to this group.

### Information Available at:
- [www.benefits.va.gov/benefits/](http://www.benefits.va.gov/benefits/)
- [1-800-827-1000](http://www.benefits.va.gov)
- [http://explore.va.gov](http://explore.va.gov)
- [All forms and information available at](http://www.ebenefits.va.gov)
- [Videos that explain how to fill out select forms](http://www.benefits.va.gov/BENEFITS/videos.asp)
- [www.benefits.va.gov/home-loans/](http://www.benefits.va.gov/home-loans/)
- [1-877-827-3702](http://explore.va.gov/home-loans-and-housing)
- [http://explore.va.gov/vocerehab](http://explore.va.gov/vocerehab)
- [http://explore.va.gov/employment-services](http://explore.va.gov/employment-services)
- [www.benefits.va.gov/pension/](http://www.benefits.va.gov/pension/)
- [http://explore.va.gov/fiduciary](http://explore.va.gov/fiduciary)
- [www.benefits.va.gov/insurance](http://www.benefits.va.gov/insurance)
- [1-800-419-1473](http://explore.va.gov/life-insurance)
- [http://explore.va.gov/spouses-dependents-survivors](http://explore.va.gov/spouses-dependents-survivors)

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For information about benefits, call the VBA Hotline: 1-800-827-1000 Monday-Friday 8am-9pm EST

*Call back service may be available after hours*
**Board of Veterans Appeals**

**Claims Appeal Process Information**
- A Veteran or dependent/caregiver has a full year to appeal a denied claim regarding any VA benefit. To appeal, file a Notice of Disagreement with the Administration that denied the benefit.
- The appeals process has many stages, and most of the appeals processing and resolutions take place in the Administration that made the initial claims decision.

**Information available at:**
[www.bva.va.gov](http://www.bva.va.gov)

**Appeal Process Pamphlet:**

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**General VA Information**

**VA Website**