



Resource Guide for Veterans and their Families

Face of the New Veteran: Operation Enduring Freedom/ Operation Iraqi Freedom (OEF/OIF)

Web Resources:

Accessing Benefits (including Education, Training, Housing, and Disability):

<http://www.vba.va.gov> VA Benefits

<http://myarmybenefits.us.army.mil/EN/default.aspx>

Accessing VA Healthcare:

<http://www1.va.gov/health/index.asp>

<https://www.1010ez.med.va.gov/sec/vha/1010ez/> Enrollment Form

Jobs, Career, School Counseling and Workforce Integration:

www.operationheroforhire.com Jobs for Military Veterans

<http://www.vetjobs.com/> Vet Jobs

<http://www.vetsuccess.gov/> Vocational Rehabilitation Services

<http://www.careeronestop.org/> Pathway to Career Success

<http://www.sentinelsoffreedom.org/index.php> Scholarships

<http://www.ameriforce.net/education/> Military Community Continuing Education

<http://www.dmdc.osd.mil/ot/linkpage.htm> Job Links

<http://www.taonline.com/generalpages/SiteMap.asp> Transition Assistance Online-Jobs

Financial Counseling

<http://www.insurance.va.gov/sgliSite/BFCS/BFCS.htm> Beneficiary Financial Counseling Service for Veterans and Families

http://www.transitionassistanceprogram.com/portal/transition/lifestyles/Personal_Finances/TurboTAP:TheOfficialTransitionAssistanceProgram

<http://www.ameriforce.net/finance/> Help with Financial Planning, Wills and Trusts for Servicemembers

<http://www.dfas.mil/militarypay/debt/frequentlyaskedquestions.html>

FAQs on Out-of-Service Debt





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Web Resources: *Continued*

Dealing with Stress or PTSD Issues:

www.ncptsd.va.gov Returning from the War Zone: Guide for Families; Fact Sheets

<http://www.pdhealth.mil/> Links to BattleMind Video for Veterans and Families, Fact Sheets, FAQs

<http://deploymenthealthlibrary.fhp.osd.mil/> Deployment Health and Family Readiness Library

<http://www.cdc.gov/niosh/stresswk.html> Job Stress

Dealing with Anger and Irritability:

<http://www.usuhs.mil/psy/courage.html> Courage to Care Fact Sheets for Reintegration Issues, Helping Children Cope with Deployment, National Guard and Reserve Reentry to the Workplace, etc.

www.ndvh.org National Domestic Violence Hotline Phone Numbers and Education

http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_anger.html?opm=1&rr=rr84&srt=d&echorr=true

Anger and Trauma Fact Sheet

Marriage, Family and Child Post-Deployment Issues:

<http://www.militaryonesource.com/skins/MOS/home.aspx>

Combat Stress Resources for Military Families

www.sesamestreet.com/tlc Talk Listen Connect Videos: When Parents are Deployed

Health Promotion and Disease Prevention:

<http://www.prevention.va.gov/> Health Information for Veterans and the Public, with Links to MyHealthvet, HealthierUS Veterans, and *MOVE!* –the VA's Weight Management Program

<http://www.myhealthvet.va.gov/> Health Information on Readjustment, Smoking Cessation, Substance Abuse, Depression, etc.

<http://www.publichealth.va.gov/smoking/> Smoking Cessation





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Web Resources: *Continued*

Help with Depression, Drinking, Drug Use and Suicide Prevention:

<http://www.mentalhealth.va.gov/> Mental Health Info and How to Access Services

<http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/guide.htm>

FAQ's and Handouts about Alcohol for the General Public

<http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/guide.htm#patient>

Alcohol Patient Education Downloadable Brochures

<http://www.nida.nih.gov/Infofacts/index.html> Drug Abuse and Addiction Basic Facts

<http://www.suicidepreventionlifeline.org/> VA National Suicide Prevention Hotline

Deployment-Related Health Information on Exposures and Special Public Health Initiatives:

<http://www.vethealth.cio.med.va.gov/default.htm> Women Veterans Health Program; War Related Illness and Injury Study Centers; OIF/OEF Review Newsletters, Depleted Uranium, Ionizing Radiation; Military Sexual Trauma

Toll Free Telephone Numbers:

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)

