



# 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](http://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.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](http://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](http://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](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](http://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)

