

Useful Resources

FOR VETERANS, SERVICE MEMBERS, AND THEIR FAMILIES

Here is a collection of some reliable websites you can visit for health information. Many of these are directed specifically to Veterans or service members.



VA GOVERNMENT SITES

- Department of Veterans Affairs (VA)
<http://www.va.gov>
- VA Health Outcomes Military Exposures
<http://www.publichealth.va.gov>
- War Related Illness and Injury Study Center (WRIISC)
<http://www.WarRelatedIllness.va.gov>
- VA Post-9/11 Transition and Case Management
<https://www.va.gov/post911veterans/>
- VA Women Veterans
<http://www.womenshealth.va.gov>
- VA Office of Research & Development
<https://www.research.va.gov/>
- VA Caregiver Support
<http://www.caregiver.va.gov>
- VA Benefits Administration
<https://benefits.va.gov/benefits/>
- VA Mental Health
<https://www.mentalhealth.va.gov>
- Mental Illness Research, Education and Clinical Centers (MIRECC)
<http://www.mirecc.va.gov/coaching>
- National Center for PTSD Program of the Department of Veterans Affairs
<http://www.ptsd.va.gov>
- VA Mobile Apps
<https://mobile.va.gov/appstore>
- My HealtheVet
<https://www.myhealth.va.gov>
- VA Jobs
<http://www.va.gov/jobs/>
- Vet Centers
<http://www.vetcenter.va.gov>
- VA Directory of Veterans Service Organizations
<https://www.va.gov/vso/>



NON-VA GOVERNMENT SITES

- American Public Health Center (APHC)
<https://phc.amedd.army.mil/Pages/default.aspx>
- Psychological Health Center of Excellence (formerly Deployment Health Clinical Center)
<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence>
- National Academies of Sciences Engineering Medicine- Health and Medicine Division (HMD)
<http://nationalacademies.org/HMD>
- National Institutes of Health (NIH)
<http://health.nih.gov>
- Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov>
- MedlinePlus
<http://medlineplus.gov>
- Healthfinder®
<https://health.gov/myhealthfinder>
- Social Security for Veterans
<https://www.ssa.gov/people/veterans/index.html>



GENERAL HEALTH

- Krames
<https://myhealthlibrary.kramesonline.com/>
- Smoke Free
<https://veterans.smokefree.gov/>



MENTAL HEALTH

- Veterans' Crisis Line
<https://www.veteranscrisisline.net/>
- National Institute of Mental Health
<http://www.nimh.nih.gov/health/index.shtml>
- Mental Health America
<http://www.nmha.org/conditions/post-traumaticstress-disorder>
- Traumatic Brain Injury (TBI)
 - The Defense and Veterans Brain Injury Center
<https://hiddenheroes.org/resource/defenseveterans-brain-injury-center-dvbic/>
 - CDC Facts about TBI
http://www.cdc.gov/traumaticbraininjury/get_the_facts.html

Post-Traumatic Stress Disorder (PTSD) and Traumatic Stress

- Mayo Clinic
<http://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/basics/definition/con-20022540>

READJUSTMENT TO CIVILIAN LIFE AFTER DEPLOYMENT

- Military OneSource
<http://www.militaryonesource.mil>
- After Deployment
<https://www.afterdeployment.org/>
- The Mission Continues
<http://www.missioncontinues.org>
- Vietnam Veterans of America
<http://www.vva.org>
- Yellow Ribbon Foundation
<http://www.yellowribbonfoundation.com>
- Navy/Marine Corps Relief Society (NMCRS)
<http://www.nmcrs.org>
- Official Non-Profit of the US Army
<http://www.aerhq.org>
- Air Force Assistance Fund
<http://www.afas.org>
- Military OneSource
<https://www.militaryonesource.mil>
- Helmets to Hardhats
<http://www.helmetstohardhats.org>
- U.S. Department of Defense - Troops to Teachers
<http://www.proudtoserveagain.com>
- Solider for Life – Transition Assistance Program
<https://soldierforlife.army.mil/>
- GI Jobs
<http://www.gijobs.com>
- Show Your Stripes
<http://www.showyourstripes.org/>

Education and Financial Assistance

- GI Bill
<http://www.benefits.va.gov/gibill/>
- Military Order of the Purple Heart
<http://www.purpleheart.org/>
- Angel Flight NE
<http://www.angelflightne.org>
- Veterans Consortium Pro-Bono Program
<http://www.vetsprobono.org>

Employment

- Department of Labor
<https://www.dol.gov/>

PEER SUPPORT

- Vets4Warriors
<https://vets4warriors.com>
- Wounded Warrior Project
<http://www.woundedwarriorproject.org>
- Make the Connection
<https://www.maketheconnection.net/>

COMPLEMENTARY AND ALTERNATIVE MEDICINE

- National Center for Complementary and Alternative Medicine
<http://nccam.nih.gov>
- VA Whole Health
<https://www.va.gov/wholehealth/>
- VA Pain Management
<http://www.va.gov/painmanagement/>



HOW TO EVALUATE HEALTH INFORMATION ON THE INTERNET

- Harvard School of Public Health
<http://www.health-insight-harvard.org>
- National Library of Medicine
<http://www.nlm.nih.gov/medlineplus/webeval/webeval.html>
- Medline Plus
<https://medlineplus.gov/evaluatinghealthinformation.html>
- Guttmacher Institute
https://www.guttmacher.org/sites/default/files/report_pdf/ib_interpreting.pdf

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