WELLNESS RESOURCES

Anger Management
• https://www.veterantraining.va.gov/aims/

Benefits
• https://www.dav.org/veterans/find-your-local-office/

Caregiver/Family
• https://www.caregiver.va.gov/
• https://www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers/
• https://www.dav.org/caregiver/
• https://www.unsungheroesinitiative.org/

Food/Nutrition/Dietician
• https://www.nutrition.va.gov/
• https://www.nutrition.va.gov/Recipes.asp
• https://www.nutrition.va.gov/Get_Help_from_a_Dietitian.asp
• https://www.move.va.gov/

Gulf War Veteran Resources
• https://www.dav.org/veterans/resources/gulf-war-veterans-health-concerns-and-benefits/

Health Promotion Disease Prevention
• https://www.prevention.va.gov/

Mental Health
• https://www.mentalhealth.va.gov/
Military Toxic Exposure
  • [https://www.dav.org/veterans/resources/military-toxic-exposures/](https://www.dav.org/veterans/resources/military-toxic-exposures/)

National Disabled Veterans Winter Sports Clinic
  • [https://www.wintersportsclinic.org/](https://www.wintersportsclinic.org/)

National Veteran Sports Programs and Special Events
  • [https://www.blogs.va.gov/nvspse/](https://www.blogs.va.gov/nvspse/)

Polytrauma
  • [https://www.polytrauma.va.gov/index.asp](https://www.polytrauma.va.gov/index.asp)

Recreation Therapy (RT) and Creative Arts Therapies (CAT)
  • [https://www.prosthetics.va.gov/rectherapy/index.asp](https://www.prosthetics.va.gov/rectherapy/index.asp)

Get connected to your local RT/CAT by visiting
  • [https://www.prosthetics.va.gov/rectherapy/aboutus.asp](https://www.prosthetics.va.gov/rectherapy/aboutus.asp)

Rehabilitation Services and Prosthetic Services
  • [https://www.patientcare.va.gov/RehabilitationServices.asp](https://www.patientcare.va.gov/RehabilitationServices.asp)

Stress Management
  • [https://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp](https://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp)

Suicide Prevention
  • [https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention/](https://www.va.gov/health-care/health-needs-conditions/mental-health/suicide-prevention/)
  • [https://www.veteranscrisisline.net/](https://www.veteranscrisisline.net/)
  • [https://www.veteranscrisisline.net/get-help/chat](https://www.veteranscrisisline.net/get-help/chat)

1-800-273-8255 (Press 1)
Text 838255
Traumatic Brain Injury
• https://www.dav.org/veterans/resources/traumatic-brain-injury-tbi/

VA Health and Wellness Programs
• https://www.va.gov/health-care/wellness-programs/

VA Smartphone Apps
• https://mobile.va.gov/appstore/
• https://mobile.va.gov/app/covid-coach
• https://mobile.va.gov/app/ptsd-coach
• https://mobile.va.gov/app/pain-coach-app-veterans
• https://mobile.va.gov/app/mindfulness-coach

Whole Health
• https://www.va.gov/wholehealth/

Women’s Health
• https://www.womenshealth.va.gov/

Women Veterans
• https://www.dav.org/women-veterans/