



# 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.unsunheroesinitiative.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.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/>





## **AT HOME**

### **Military Toxic Exposure**

- <https://www.dav.org/veterans/resources/military-toxic-exposures/>

### **National Disabled Veterans Winter Sports Clinic**

- <https://www.wintersportsclinic.org/>

### **National Veteran Sports Programs and Special Events**

- <https://www.blogs.va.gov/nvspse/>

### **Polytrauma**

- <https://www.polytrauma.va.gov/index.asp>

### **Recreation Therapy (RT) and Creative Arts Therapies (CAT)**

- <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>

### **Rehabilitation Services and Prosthetic Services**

- <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.veteranscrisisline.net/>
- <https://www.veteranscrisisline.net/get-help/chat>

**1-800-273-8255 (Press 1)**

**Text 838255**





## AT HOME

### 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/>

