

Virginia Veteran and Family Support (VVFS)

The Virginia Veteran & Family Support (VVFS) is operated statewide by the Virginia Department of Veterans Services to monitor and coordinate the delivery of behavioral health, rehabilitative, and supportive services. VVFS proudly serves veterans of any service era who are Virginia residents; members of the Virginia National Guard and Armed Forces Reserves not in active federal service; and family members of those veterans and service members. Core services include peer and family support, care coordination, couples workshops, and family retreats.

Article

Whole Health: Mindful Awareness for Veterans

Mindful awareness helps you to be aware of thoughts and feelings, and to focus on the present and what is most important to you.

Source

[U.S. Department of Veterans Affairs](#)

Books & Guides

Life Journey Through Autism: A Guide for Military Families

Operation Autism is a web-based resource specifically designed and created to support military families that have children with autism. The [Life Journey Through Autism](#) guide includes information about services, resources, and support available for military families.

Source

[Operation Autism](#)

Article

Easterseals Resources for Veterans and Their Families

Easterseals offers a variety of services for Veterans and military families at many of their 67 Affiliates nationwide.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Links

VetResources Newsletter: For Veterans, Families/Caregivers, Survivors

Source

[VetResources Newsletter: For Veterans, Families/Caregivers, Survivors](#)

Article

Enhance Your Well-Being with the VA Wellness Guide

The Veterans Wellness Guide provides strategies and activities that Veterans can use at home to improve their well-being.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Article

VA Suicide Prevention Toolkit for Caregivers

Learn about the VA Suicide Prevention Toolkit for Caregivers.

Source

[U.S. Department of Veterans Affairs](#)

Article

Caregivers Support Line (CLS)

The VA's Caregiver Support Line assistance is just a quick phone call away.

Source

[U.S. Department of Veterans Affairs](#)

Article

Red Cross Military and Veteran Caregiver Network

The Red Cross's Military and Veteran Caregiver Network (Red Cross MVCN) assists caregivers of all ages, at all stages of caregiving.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Article

Veterans and Traumatic Brain Injury: A Focus on Family and Caregivers

This factsheet, created for family and caregivers of a Veteran or Servicemember with Traumatic Brain Injury(TBI), will provide resources and information to help you navigate unfamiliar circumstances and answer your questions.

Source

[U.S. Department of Veterans Affairs](#)

Article

My HealtheVet

Learn more about "My HealtheVet", the VA's Personal Health Record, designed for Veterans, active duty Servicemembers, their dependents, and caregivers.

Source

[U.S. Department of Veterans Affairs](#)

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