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## **7 stress resources Veterans can use right now**

VA offers a variety of mental health resources for Veterans, family members, and friends.

As a Veteran, you might experience difficult life events or challenges after leaving the military. We're here to help no matter how big or small the problem may be. VA's resources address the unique stressors and experiences that Veterans face — and we're just a click, call, text, or chat away.

### **Seven mental health resources Veterans can use right now**

1. Just show up to any VA Medical Center. Did you know that VA offers same day services in Primary Care and Mental Health at 172 VA Medical Centers across the country? VA has made **Same-Day 24/7 access to emergency mental health care** the top clinical priority for VA staff. All **172 VA Medical Centers (VAMCs) provide Same-Day Mental Health Care services**. If a Veteran is in crisis or has a need for immediate mental health care, he or she will receive immediate attention from a health care professional. To find VA locations near you, explore the **facility locator tool**.
2. **Make the Connection** is an online resource designed to connect Veterans, their family members, friends and other supporters with information and solutions to issues affecting their lives. On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, read about a variety of life events and mental health topics, and locate nearby resources.
3. The **Veterans Crisis Line** connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, and text messaging service. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, **chat online**, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year.
4. **Vet Centers** provide community-based counseling for a wide range of social and psychological services, including confidential readjustment counseling,

outreach and referral to eligible Veterans, active duty service members, including National Guard and Reserve components and their families. It offers individual, group, marriage and family counseling. And you can get a referral and connection to other VA or community benefits and services at no cost. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief, and transition after trauma.

5. **[Coaching Into Care](#)** provides guidance to Veterans' family members and friends on encouraging a Veteran they care about to reach out for mental health support. Free, confidential assistance is available by calling **1-888-823-7458**, 8am–8pm. ET, Monday through Friday, or by emailing [CoachingIntoCare@va.gov](mailto:CoachingIntoCare@va.gov).
6. The **[Veteran Training](#)** online self-help portal provides tools for overcoming everyday challenges. The portal has tools to help Veterans work on problem-solving skills, manage anger, develop parenting skills, and more. All tools are free. Its use is entirely anonymous, and they are based on mental health practices that have proven successful with Veterans and their families.
7. **[AboutFace](#)** features stories of Veterans who have experienced PTSD, their family members, and VA clinicians. There, you can learn about PTSD, explore treatment options, and get advice from others who have been there.

## Learn more

For more information about VA's mental health resources and behavioral health services, please visit VA's Mental Health Services website at [MentalHealth.va.gov](https://www.mentalhealth.va.gov), or the Vet Center website (for combat Veterans) at [www.vetcenter.va.gov](https://www.vetcenter.va.gov). For a more detailed view of VA mental health service offerings, explore the [VA Office of Mental Health and Suicide Prevention Guidebook](#).

To find VA locations near you, explore the [facility locator tool](#).

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