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[VA Solid Start Program for Transitioning Veterans](#)

Here for You

VA is calling every newly separated service member three times during their first year of separation. From help getting a home loan, to health care, to returning to work, to mental health support – VA is here for you. It’s your call. Qualified VA representatives will be reaching out to help you better understand the benefits available to you and help you get a solid start on your civilian life. VA is on the line – take the call

VA is committed to supporting every service member transitioning from service. As part of your welcome to VA, we want to inform you about what to expect during this critical time and help you build a solid start to your civilian life. New routines, new responsibilities... year one out of the service presents a lot of change, but the stress of change is not a weight you have to carry alone. VA is your partner, and we’re here to connect you with direct benefits, as well as resources through partner organizations, to help you navigate these new challenges.

You Have Resources

If you need support for a specific mental health problem—or if you’re having problems sleeping, controlling your anger, or readjusting to civilian life—you are not alone. And we can help. You don’t need to be enrolled in VA health care to get care. To access free VA mental health services right away:

- ▶ Call or walk into any **VA medical center**—anytime, day or night. [Find your nearest VA health facility »](#)
- ▶ Call or walk into any **Vet Center** during clinic hours. [Find your nearest Vet Center »](#)

If you have questions about enrolling in **VA health care**, call our toll-free hotline at 1-877-222-VETS (1-877-222-8387) Monday through Friday, 8:00 a.m. to 8:00 p.m.

(ET).

If you have hearing loss, call TTY: 1-800-877-8339.

Yes, VA Solid Start is Calling

Newly separated service members can expect three calls from qualified Solid Start representatives over the first year of separation. VA will attempt to contact you several times around 90, 180 and 365 days post-separation, so make sure your contact information is up to date in eBenefits.

VA Solid Start representatives will not ask you for financial information and will only discuss topics you are comfortable with. Remember that phone scammers often target Veterans, so always be vigilant and protect your financial information when talking to someone you don't know over the phone.

For questions about **VA Solid Start**, call our toll-free hotline:

1-800-827-0611

Monday through Friday, 8:00 a.m to 9:00 p.m. (ET). Take the call and save 1-800-827-0611 as the contact for VA Solid Start!

Veteran Benefits and Resources

Stay connected to your benefits and resources by updating your information at VA.gov. In addition to three phone calls, you'll receive reminder emails about upcoming calls that includes links to resources.

Visit [Va.gov](https://va.gov) ›

Find Veteran resources located near you, such as health facilities, regional offices, or Veteran Service Organizations, using the Resource Locator tool.

Find [Resources Near You](#) ›

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