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## **[#VetResources Check-In videos provide resources for mental health, coping strategies](#)**

### **Veteran Resources**

There's a lot going on right now and you don't have to go through it alone. We invite you to view our #VetResources Check-In video series with resources, advice and information for Veterans and their families to support mental health, resiliency and coping strategies.

Veterans may be experiencing a range of challenging emotions related to the Russian invasion of Ukraine. Veterans who served in U.S. military conflicts may be feeling emotional distress, as they are reminded of their deployment experiences.

Our goal is to provide you with an outlet for [mental health support](#) that is evidence-informed, dependable, accessible and valuable to help you cope with the world's current events.

### **Check-In Video Series**

- [Grief, loss and coping strategies.](#)
- [Coping with feelings from the past and triggers.](#)
- [Moral injury and spiritual practices.](#)
- [OIF/OEF/OND transition support.](#)
- [Faith-based practices.](#)
- [Dealing with anxiety and fear.](#)
- [Power of Peer Support Network.](#)
- [Caregiving stressors.](#)
- [VetResources - VA is here to help.](#)
- [What is readjustment counseling?](#)
- [Surviving a Veteran.](#)
- [Reach out - Talking to a Veteran in crisis.](#)

- [Save lives: Storing firearms and other lethal means.](#)
- [LGBTQ+ Veterans.](#)
- [Post-9/11 transition and case management.](#)
- [Volunteering and being of service.](#)
- [Mindfulness: Coping strategies and treatment for depression and substance use](#)
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- Minority Veterans: [#VetResources Check-In – Minority Veterans.](#)
- [Food insecurity.](#)
- Women Veterans: [#VetResources Check-In – Women Veterans.](#)

## **Mental Health Resources**

- Want to talk now? The Vet Center Call Line is available 24/7, call 1-877-927-8387.
- Sign up for VA updates: [VA.gov/VetResources](https://www.va.gov/VetResources).
- Download the VA Welcome Kit at [VA.gov/Welcome-Kit](https://www.va.gov/Welcome-Kit).
- Find a local VA at [VA.gov/find-locations](https://www.va.gov/find-locations).
- Download PTSD Coach App on Apple or Android.
- Have a question for VA? 1-800-MyVA411 (1-800-698-2411) is available 24/7.
- Are you a Veteran in crisis or concerned about one? Call the Veterans Crisis Line at 1-800-273-8255 and Press 1 or text 838255.

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