

Battle scars do not always stay on the battlefield. Promoting, preserving, and restoring health to our Veterans is vital. This section will navigate you through resources aimed at supporting overall wellness and rehabilitation.



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Article

Six Apps to Help Veterans Manage Stress

Explore apps and tools that offer education about PTSD and related mental health concerns.

Source

[VA News](#)

Links

Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers

Source

[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)

Article

Your Healthiest Self ~ Social Wellness Toolkit

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Apps

Be My Eyes

Connects people needing sighted support with volunteers and companies through live

Source

[Be My Eyes](#)

Article

Veterans Serving Veterans

When Veterans need support and encouragement from a person who can relate to their challenges, our peer specialists are available to help. A peer specialist has traveled the road to recovery and now works at VA supporting other Veterans in finding their own paths.

Source

[VA Careers](#)

Links

Mental Health Support: Find support for mental health, drugs or alcohol

Source

[Mental Health Support: Find support for mental health, drugs or alcohol](#)

Article

Physical Activity Boosts Brain Health

Regular physical activity is good for your overall health and your brain health. Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Ohana Homefront Foundation: Virginia Counselor Search and Events

Military families deal with unique challenges and sacrifices while serving their country. Ohana Homefront Foundation is looking for Counselors, in every state wanting to give back to the Military Community to join our Ohana Homefront Foundation Mental Health Team.

Source

[Ohana Homefront Foundation](#)

Links

Curb The Crisis: Opioids and Addiction in Virginia

Source

[Curb The Crisis: Opioids and Addiction in Virginia](#)

Article

Substance Use Treatment for Veterans

If you're struggling with substance use problems, you're not alone. Find out how to get support and treatment for substance use problems through the VA.

Source

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

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