

Mental Wellness

Many factors enhance our emotional and mental wellness. Explore programs and services, articles and resource to improve your quality of life, mental health and overall wellbeing.

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Article

Veteran Virtual Mental Health Support

Virginia Veteran and Family Support (VVFS) has teamed up with Cabana—a virtual support platform that brings accessible, live mental health and wellness support to military-connected individuals, including service members, veterans, and their families.

Source

[Virginia Department of Veterans Services](#)

Article

Get Involved ~ VA's Million Veteran Program

For many people, the new year marks a chance to reevaluate priorities, schedules and hobbies. The VA's Million Veteran Program shares ways to feel involved in your community.

Source

[VA News](#)

Links

AARP Resources for Veterans, Active Duty, and Military Families

Source

[AARP Resources for Veterans, Active Duty, and Military Families](#)

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](#)

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. Explore the Social Wellness Toolkit to learn how to improve your overall health.

Source

[National Institutes of Health](#)

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](#)

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](#)

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](#)

Article

Podcasts on Veterans' Issues Fill the Airwaves with Important Messages

Veterans can benefit from assorted types of media outreach that familiarize them with their issues of concern. Whether it's by video, radio or podcast platforms, there's never a shortage of topics to communicate to Veterans.

Source

[VA News](#)

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