

BURIALS AND MEMORIALS

Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, or apply for survivor and dependent benefits at va.gov/burials-memorials

CAREERS AND EMPLOYMENT

Access vocational rehabilitation, support for your Veteran-owned small business, and more career resources at va.gov/careers-employment

DISABILITY

File a claim for disability compensation for conditions related to your military service and manage your benefits over time at va.gov/disability

EDUCATION AND TRAINING

Apply for and manage your GI Bill and other education benefits to help pay for college and training programs at va.gov/education

VETERANS TRANSPORTATION SERVICE

The Veterans Transportation Service (VTS) provides safe and reliable transportation to Veterans who require assistance traveling to and from VA health care facilities and authorized non-VA health care appointments. Learn more at va.gov/HEALTHBENEFITS/vtp/

VET CENTERS

We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, PTSD, and the psychological effects of MST. You can also connect with more support in VA and your community by calling 1-877-927-8387 24 hours a day, 7 days a week, or visiting vetcenter.va.gov

VETERAN CRISIS LINE

Dial 988 and press "1" to receive confidential support 24 hours a day, 7 days a week.

Women Veterans Call Center

The Women Veterans Call Center is your guide to VA. All calls are answered by women, many of whom are Veterans. They will help you navigate VA, answer your questions about VA services and benefits available to you, and connect you with the Women Veterans Program Manager at your local VA medical center. This service is free, and you can call as many times as you need.

Call or text us at 1-855-VA-WOMEN (855-829-6636). Representatives are available Monday - Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET.

You can also chat with us online and learn more by visiting womenshealth.va.gov



WOMEN VETERANS CALL CENTER
855.VA.WOMEN

Eligibility and Enrollment

Recent policy changes and laws have expanded access to care and benefits for Veterans. If you are unsure or weren't eligible before, you can check your eligibility to enroll at va.gov/health-care/eligibility

Apply Online or By Mail

Go to va.gov/health-care/how-to-apply

Apply in Person

Visit the nearest VA medical center or clinic. You can locate your nearest VA health facility at va.gov/find-locations

Apply by Phone

To apply for VA benefits you may have earned—such as preventative care, inpatient and urgent care services—call 1-877-222-8387

Monday–Friday, 8 a.m.–8 p.m. ET.

Veterans Benefits Administration 1-800-827-1000
benefits.va.gov

WOMEN VETERANS

GUIDE TO VA RESOURCES



VA



U.S. Department
of Veterans Affairs

HEALTH CARE

VA is the largest health care system in the U.S. serving over 800,000 enrolled women Veterans like you. Our providers are specifically trained in woman-specific care such as breast and cervical cancer screening, contraception, menopause, and more. We understand Veteran-specific health needs such as posttraumatic stress disorder (PTSD), military sexual trauma (MST), or musculoskeletal conditions related to military service. We are committed to providing compassionate, and personalized care tailored to your needs.

To help you feel safe and comfortable at VA, you will always be offered a chaperone for any sensitive exams. You also have options, including:

- Requesting a certain sex for your provider
- Having your provider explain every step of exams and giving you the option to stop at any point
- Sitting where you prefer and staying as covered up as you like, when possible
- Requesting a telehealth appointment in the comfort of your home

To start your health services, download the step-by-step guide that walks you through applying and setting up your first appointment.



Apply for VA health care, find out how to access services, and manage your health and benefits online at va.gov/health-care

Once you have determined your eligibility for care through VA, contact your nearest VA Medical Center and enroll. You will be offered assignment to a designated Women's Health Primary Care Provider who is trained to provide comprehensive primary care and specialty care to meet the specific health needs and risks of women Veterans like you. You can then schedule your appointment by calling your facility or using MyHealthVet at myhealth.va.gov



Your Women's Health team is here for you every step of the way, and designated women's health staff members are available at every VA.

Women's Health Primary Care Providers to deliver primary care, women-specific health care and referrals for specialty services

Women Veterans Program Managers to help you access benefits and health care services

Women's Health Medical Directors to serve as clinical leaders for Women's health at your facility

Patient Aligned Care Teams (PACT) are made up of you, those who support you (like your family members and caregivers), and your health care providers

Maternity Care Coordinators coordinate care for pregnant Veterans who are receiving maternity care benefits from VA

Women's Mental Health Champions are a point of contact for women's mental health services at VA facilities

HOUSING ASSISTANCE

Find out if you're eligible for a VA-backed home loan at va.gov/homeloans. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently at va.gov/housing-assistance

If you are at risk of becoming homeless, call 1-877-424-3838 for help 24 hours a day, 7 days a week, or ask to speak to a social worker at your VA Medical Center.

JUSTICE-INVOLVED VETERANS

Veterans can sometimes run into issues with law enforcement and the criminal justice system resulting in incarceration. Despite the circumstances, some justice-involved Veterans may be eligible for VA benefits. Learn more at benefits.va.gov/persona/veteran-incarcerated.asp

MENTAL HEALTH

Find out how to access VA mental health services for PTSD, psychological effects of military sexual trauma (MST), depression, grief, anxiety, and other needs at va.gov/health-care/health-needs-conditions/mental-health

PENSION

Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements at va.gov/pension

