

# Veterans Help Resources

If you have a specific question or situation not addressed by the following resources, please call the Lifeline for Vets: (888) 777-4443.

## LOCAL RESOURCES

### [Vet Center](#)

There are 8 Vet Centers in Washington. Find one near you. 1-877-927-8387

Tacoma Vet Center: 253-565-7038

Federal Way Vet Center: 253-838-3090

### [Veterans of Foreign Wars \(VFW\)](#)

Post 91, Tacoma – [www.vfwpost91.com](http://www.vfwpost91.com)

Charles C. Ralls VFW Post 2886, Federal Way – [www.vfw.org](http://www.vfw.org)

### [Outreach and Resource Services \(OARS\) for Women Veterans](#)

Julia Sheridan, Founder OARS, 206.554.9600,

<http://oars4vets.org>

## HELPLINES

### [Lifeline for Vets](#)

Connects callers to another veteran of America's armed forces. This hotline is "vets serving vets" and provides needed help to veterans, their friends, and families. It is toll-free and answered by a real person (not a phone tree) Mon-Fri, 9-5 PST.

(888) 777-4443

### [National Center for PTSD](#)

Provides resources to individuals seeking PTSD care for themselves or loved ones.

(877) WAR-VETS (927-8387)

### [Vet Center Call Center](#)

Looking to talk to a fellow Veteran about your time in the military or transition home?

The Vet Center Call Center is a 24/7 confidential place where you can talk to fellow Veterans and get connected to your local VA Vet Center and other services you earned through your service.

877-WAR-VETS (927-8387)

### [Veterans Crisis Line](#)

Veterans in crisis and their families and friends can connect to qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Responders are live, not recorded, and can be reached 24/7.

(800) 273-8255, Press 1

Text: 838255

### [Stop Soldier Suicide](#)

Stop Soldier Suicide provides free resources and support to all past and present military and their families. They are equipped to meet the complex needs of the military community and their resources include emergency financial aid, housing assistance, PTSD referrals, and more.

(800) 273-8255 #1

## **JOB RESOURCES**

### [Jobs for Veterans](#)

Provides a list of current job openings across the United States that is updated daily. On the website, veterans can download a free veteran resume guide for help writing an impressive resume. This website also has a resource for employers to post jobs for veterans.

### [VA Vocational Rehabilitation and Employment Home](#)

Veterans may receive vocational rehabilitation and employment services to help with job training, employment, resume development, and job seeking skills coaching. Other services may be provided to assist Veterans in starting their own businesses or independent living services for those who are severely disabled and unable to work in traditional employment.

### [VA Employment Programs for Homeless Veterans](#)

VA's Compensated Work Therapy (CWT) Program is a national vocational program comprised of three unique programs which assist homeless Veterans in returning to competitive employment: Sheltered Workshop, Transitional Work, and Supported Employment. Veterans in CWT are paid at least the federal or state minimum wage, whichever is higher.

### [American Job Centers](#)

America's Service Locator connects individuals to employment and training opportunities available at local American Job Centers. The website provides contact information for a range of local work-related services, including unemployment benefits, career development, and educational opportunities.

### [National Veterans Foundation Job Board](#)

A listing of jobs across the country at companies interested in hiring veterans.

### [Work for Warriors \(Guard and Reserve\)](#)

Job Postings & Unit Vacancies. The California Military Department is a diverse, community-based organization comprised of four pillars: the California Army National Guard, the California Air National Guard, the California State Military Reserve and the California Youth and Community Programs.

### [Department of Labor, Women Vets Site](#)

The Women Veterans site at the U.S. Department of Labor.

### [Dress for Success](#)

The mission of Dress for Success is to promote the economic independence of disadvantaged women by providing professional attire, and a network of support and career development tools to help women thrive in work and in life.

### [Small Business \(SBA Veteran & Disabled Veterans\)](#)

If you are a veteran or service-disabled veteran, SBA has resources to help you start and grow your small business.

## HOUSING

### [VASH Program](#)

The HUD-Veterans Affairs Supportive Housing (HUD-VASH) program combines Housing Choice Voucher rental assistance for homeless Veterans with case management and clinical services provided by the VA.

### [SSVF](#)

Under the SSVF program, VA awards grants to private non-profit organizations and consumer cooperatives who can provide supportive services to very low-income Veteran families living in or transitioning to permanent housing.

### [Homeless Veteran Stand Downs](#)

Stand Downs are typically one- to three-day events providing supplies and services such as food, shelter, clothing, health screenings and VA Social Security benefits counseling to homeless Veterans.

### [PATH \(California\)](#)

PATH (People Assisting the Homeless) provides the support homeless veterans need to successfully transition from living on the street to thriving in homes of their own.

### [National Coalition for Homeless Veterans](#)

The National Coalition for Homeless Veterans (NCHV) is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year.

## HEALTH

### [Find A VA Hospital or Clinic](#)

There are over 1,000 VA Hospitals across the United States and US territories – this is a resource to search by state for hospitals, clinics, and other VA related offices.

### [VA Vet Centers](#)

Provides readjustment counseling to Veterans, active duty Service members and their families in a safe, confidential environment. Over 70% of Vet Center staff are Veterans - the majority are combat Veterans.

### [Los Angeles County Department of Mental Health – Valor Program](#)

The program provides specialty services to our Veterans through the Veterans and Loved Ones Recovery (VALOR) program.

### [VA Care Providers Program](#)

Has several support and service options particularly for veteran caregivers. The programs are available both in and out of home to assist both the veteran and caregiver.

### [Make the Connection MST Site](#)

Includes multiple resources for those seeking care for or information about Military Sexual Trauma (MST).

## **SOCIAL SUPPORT**

### [The Mission Continues](#)

Empowers veterans facing the challenge of adjusting to life at home to find new missions.

### [Team Red, White, and Blue](#)

RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

### [Iraq and Afghanistan Veterans of America \(IAVA\)](#)

The nation's largest nonprofit, nonpartisan organization representing new veterans and their families from their first day home through the rest of their lives.

### [Team Rubicon](#)

Team Rubicon unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams.

### [Student Veterans of America](#)

Provides military veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation.

### [American Legions](#)

Focusing on service to veterans, service members and communities, The American Legion currently has about 2.4 million members in 14,000 posts worldwide.

### [VFW – Veterans of Foreign Wars USA](#)

Fosters camaraderie among United States veterans of overseas conflicts.

### [XSports4Vets](#)

A group of current conflict veterans that strive to help other combat veterans succeed. Utilizes extreme sports to take the edge out of civilian life including river boarding, rock climbing, mountain biking, sky diving, and many other activities. "Some of us have wounds left over from combat, others can't be seen – but we all benefit from getting out and meeting people that have been in our shoes."

### [Next Step Service Dogs](#)

Empowers positive change for veterans with invisible disabilities such as Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) through the use of expertly-trained service dogs.

### [Wounded Warrior Project](#)

Serves veterans and service members who incurred a physical or mental injury, illness, or wound, co-incident to their military service on or after September 11, 2001 and their families.

## LEGAL

### [Veterans Legal Institute](#)

Veterans Legal Institute (VLI) seeks to provide pro bono legal assistance to homeless and low income current and former service members so as to eradicate barriers to housing, education, employment and healthcare and foster self-sufficiency.

### [National Veterans Legal Services Program](#)

The NVLSP is a nonprofit organization that has worked since 1980 to ensure that the government delivers to our nation's 25 million veterans and active duty personnel the benefits to which they are entitled because of disabilities resulting from their military service to our country.

## TRANSPORTATION

### [Recycled Rides](#)

A military/veteran support program designed to help ease the transportation burden for current military and veterans. They provide refurbished vehicles to deserving recipients.

## VA BENEFITS LINKS

The US Department of Veterans Affairs provides patient care and federal benefits to veterans and their dependents – below are links to resources provided by Veterans Affairs.

- [Veterans Affairs Offices](#), listed by state
- [VA E-benefits](#) portal to apply for and manage education, health, pensions, and other benefits
- [Request a representative](#) to help prepare and submit claims for benefits
- [Path to Benefits](#) resource for veterans and their families to learn about eligibility for benefits

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