

VA Resource Navigator

VA



U.S. Department
of Veterans Affairs

To use a QR code:



1. Open your camera app.



2. Hold your phone over the QR code square.



3. Tap the link. It goes to the website.

VA.gov

Manage benefits.
Coordinate healthcare.
Get service records.
www.va.gov



VA Welcome Kit

Start here to learn about VA benefits.
www.va.gov/welcome-kit/



VA: Health and Benefits App

Manage your health, benefits, and more. Use the app from your smartphone or tablet.
www.mobile.va.gov/app/va-health-and-benefits



My HealtheVet on VA.gov

Manage your care online. Refill medicines.
Make appointments. View medical records. Message your VA team.
www.va.gov/health-care/manage-health/
Call My HealtheVet help line: 877-327-0022
Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Access VA Records



- Military records (DD214)
- VA payment history
- Veteran ID Cards
- Medical records
- Tax forms and other files

www.va.gov/records/

Find VA Locations and More



- VA healthcare facilities
- Urgent care, emergency care
- Community providers (in network)
- Community pharmacies (in network)
- VA regional offices (benefits)
- VA national cemeteries
- Vet Centers

www.va.gov/find-locations/

Not sure where to start?
Call MyVA411 (24/7): 800-698-2411

Local Contacts

Contact the Veterans Crisis Line



Confidential crisis support for you and your loved ones. You don't have to be enrolled in VA benefits or healthcare to connect. Reach out - we're here 24/7.
www.veteranscrisisline.net

If you're a Veteran in crisis or concerned about a Veteran, contact the Veterans Crisis Line. Connect with someone qualified to support Veterans.
Call (24/7): Dial **988** and then Press **1**
Text (24/7): **838255**
Chat online (24/7):
www.veteranscrisisline.net/get-help-now/chat/

Protect Yourself From Scams (VSAFE)



Watch out for fraud targeting Veterans and their families.
Learn the signs, do's and don'ts, how to get help, and how to report.
www.VSAFE.gov

Protect yourself and others. Call the VSAFE Fraud Hotline (24/7): 833-38V-SAFE (8-7233)

Share This VA Resource Navigator



Print copies. Send the link to others.
www.prevention.va.gov/PCL/PCL-VA-Navigator.asp



Apply for VA health benefits.
Find support for your physical and mental health.

Apply for VA healthcare

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

Call VA health benefits: 877-222-8387

Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Explore VA health benefits

www.va.gov/health-care/about-va-health-benefits/

Find out what services may be included for you.
See if you qualify for long-term care, dental, or vision coverage.

Learn how VA priority groups work

www.va.gov/health-care/eligibility/priority-groups/

Groups are based on things like your service, disability status, and income. Your group may affect how much (if anything) you pay for care.

Partner with your VA primary care team

www.va.gov/resources/your-va-primary-care-provider-and-PACT-team/

Learn about women Veteran healthcare

www.womenshealth.va.gov

The Women Veteran Call Center helps with questions about VA services and benefits. Even if you're not enrolled in VA, connect to learn more.

Chat online. Call or text: 855-829-6636

Monday through Friday, 8:00 a.m. to 10:00 p.m. ET,
and Saturday 8:00 a.m. to 6:30 p.m. ET

Connect with a Vet Center near you

www.vetcenter.va.gov

Vet Centers support eligible Veterans and service members with free counseling and services. Staff can connect you to other VA and local support.

Call the Vet Center Call Center (24/7): 877-927-8387

Get help with VA healthcare facility concerns

www.va.gov/resources/how-to-get-help-with-concerns-at-a-va-health-facility/

Tell your VA care team about your needs. Still need help? Contact your local VA patient advocate.

Or call MyVA411 (24/7): 800-698-2411

Access emergency and urgent care

If you're having a medical emergency, call 911.

www.va.gov/initiatives/emergency-room-911-or-urgent-care/

Report non-VA emergency room visits within 72 hours to avoid charges. **Report online** (24/7):

www.emergencycarereporting.communitycare.va.gov/

or call (24/7): 844-724-7842

Connect with VA mental healthcare services

www.mentalhealth.va.gov

Choose in-person or virtual care. Get help with:

- Anxiety
- Depression
- Posttraumatic stress disorder (PTSD)
- Military sexual trauma
- Other mental health conditions

Treatments include therapy, counseling, and medicine.

Find support from VA social workers

www.socialwork.va.gov

Get help with crisis support, relationship and health safety, food needs, substance use, and more.

Call VA health benefits: 877-222-8387

Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Get help as you transition to VA healthcare and adjust to civilian life

www.va.gov/POST911VETERANS/

VA offers transition support for service members and Veterans who served on or after September 11, 2001.

Call or chat with VA Health Connect 24/7

www.va.gov/initiatives/va-health-connect/

If you're enrolled in VA healthcare, you can:

- Get help with medicines and appointments
- Talk to a nurse
- Meet virtually with a medical or emergency provider

Call your VA or get the VA Health Chat app:

www.mobile.va.gov/app/va-health-chat

See if VA community care is right for you

www.va.gov/resources/eligibility-for-community-care-outside-va/

You may be eligible for care from a community provider if:

- VA can't provide the services you need **or**
- You and your healthcare team find it's in your best medical interest **or**
- Other qualifying reasons

Call to learn more: 877-881-7618

Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

VA Disability Compensation (Pay) and Other VA Benefits



File a compensation claim for conditions related to your military service.
Manage your benefits.

File a disability rating or increase claim

www.va.gov/disability/how-to-file-claim/

Call VA benefits: 800-827-1000

Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

Learn about the PACT Act and VA benefits

www.va.gov/resources/the-pact-act-and-your-va-benefits/

The PACT Act expands VA healthcare and benefits if you had contact with harmful toxins while serving (like Agent Orange or burn pit smoke).

Call MyVA411 (24/7): [800-698-2411](tel:800-698-2411)

Explore VA's Benefits Fiduciary Program

www.benefits.va.gov/fiduciary/

Help for those unable to manage their finances.

Call VA's fiduciary line: [888-407-0144](tel:888-407-0144)

Monday through Friday, 8:00 a.m. to 6:00 p.m. ET

Find VA help as a Veteran overseas

www.benefits.va.gov/persona/veteran-abroad.asp

If you get medical care outside the U.S. for a service-connected condition, VA may cover costs. Contact VA's Foreign Medical Program.

VA Education and Training Benefits



VA may help pay for college and training programs.
Manage GI Bill and other education benefits.

Continue education with the GI Bill

www.va.gov/education/about-gi-bill-benefits/

If you qualify, GI Bill benefits may help pay for school and job training for you and your family.

Call the GI Bill hotline from U.S.: [888-442-4551](tel:888-442-4551)

Call from outside the U.S.: [+1-918-781-5678](tel:+1-918-781-5678)

Monday through Friday, 8:00 a.m. to 7:00 p.m. ET

VA Housing Assistance



VA benefits can help with home loans and housing resources.

Apply for a VA-backed Veterans home loan

www.va.gov/housing-assistance/home-loans/

VA can help you:

- Buy a home
- Build a home
- Refinance your home
- Improve your home
- Keep your home

Call VA's home loan program: [877-827-3702](tel:877-827-3702)

Monday through Friday, 8:00 a.m. to 6:00 p.m. ET

Get help finding safe shelter, support, and long-term housing

www.department.va.gov/homeless/

If you don't have a place to live or think you may lose your housing, VA can help. Counselors can provide confidential support. VA can help you and your family find housing and other services.

Chat online (24/7):

www.va.gov/homeless/nationalcallcenter.asp

Or call (24/7): [877-424-3838](tel:877-424-3838)

Careers and Employment



Explore career planning.
Get help with employment.
Find Veteran business resources.

Build your career and employment plan

www.va.gov/careers-employment/

Call MyVA411 (24/7): [800-698-2411](tel:800-698-2411)

Learn about Veteran Readiness and Employment (VR&E), or "Chapter 31"

www.va.gov/vre

If you're a service member or Veteran with a service-connected disability and employment barrier, you may qualify for VR&E. VR&E can help you:

- Build skills
- Get education guidance
- Go back to your former job (or find a new one)
- Start a business
- Live independently (if unable to work)

Family Member, Caregiver, and Survivor Benefits



Learn about VA benefits as a Veteran spouse, dependent, caregiver, or survivor.

Find spouse, dependent, or survivor benefits

www.va.gov/family-and-caregiver-benefits/

See if you qualify for benefits like healthcare (CHAMPVA), VA Survivors Pension, and more.

Call VA benefits: 800-827-1000

Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

Explore VA life insurance

www.va.gov/life-insurance/

Call VA's life insurance center: 800-669-8477

Call for current hours.

Access VA's Caregiver Support Program

www.caregiver.va.gov

Benefits and support for caregivers of eligible Veterans enrolled in VA healthcare.

Call VA's Caregiver Support Line: 855-260-3274

Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Learn about the Fisher House™ Program

www.socialwork.va.gov/fisher.asp

No-cost temporary stays for families and caregivers of Veterans or service members receiving care at certain VAs.

VA Pension Benefits



Pay for some wartime Veterans and their survivors. Find out if you're eligible to apply.

www.va.gov/pension/

Call VA benefits: 800-827-1000

Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

VA Burial Benefits and Memorials



Determine burial eligibility. Get help planning a burial in a VA national cemetery. Order memorial items to honor a Veteran.

www.va.gov/burials-memorials/

Call VA's National Cemetery Office: 800-535-1117

Monday through Friday, 8:00 a.m. to 7:30 p.m. ET

VA Mobile Apps



Manage your life, health, and schedule. VA's free apps are made for Veterans like you.

www.mobile.va.gov/appstore

Need help? **Call VA.gov support:** 866-279-3677

Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Other Resources

File and manage travel reimbursement claims

www.va.gov/health-care/file-travel-pay-reimbursement/

If you qualify, travel pay may cover costs like tolls, mileage, and hotel for approved health appointments.

Call the Beneficiary Travel Center: 855-574-7292

Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Review, pay, or get help with your VA copay bill

www.va.gov/health-care/pay-copay-bill/

To pay by phone, call: 888-827-4817

Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Manage your money better with FINVET

www.mirecc.va.gov/visn19/finvet/

VA's Veteran Financial Resource Center website helps you earn more, save more, and keep your money safe.

Find a Veterans Service Organization (VSO)

www.va.gov/get-help-from-accredited-representative/

Get help from a local VA-accredited representative.

View healthcare access and quality information

www.accesstocare.va.gov/

See facility wait times and how VA meets standards.

Visit the Ask VA website

Ask about VA benefits and services. Send feedback.

www.va.gov/contact-us/ask-va/introduction

Call MyVA411 (24/7): (800-698-2411)

Ask about VA benefits. Share concerns or offer suggestions. Get connected to local VA services.



U.S. Department
of Veterans Affairs

Revised 09/14/2026

VA Resource Navigator

Page 4 of 4