

There are many national resources available online to Pitt-Greensburg military and veteran community. Below is a list of agencies that may be helpful.

**VA's general benefit information hotline: 1-800-827-1000**

**American Legion**: The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest veteran's service organization, committed to mentoring and sponsorship of youth programs in our communities, advocating patriotism and honor, promoting a strong national security, and continued devotion to our fellow service members and veterans.

**America Serves**: AmericaServes is the country's first coordinated system of public, private, and non-profit organizations working together to serve veterans, service members, and their families. Our vision is that every service member, Veteran, and their family can easily access the full range of comprehensive services required to achieve their unique goals, and to provide a first-class service experience to match service member and veterans' first class military service.

**Armed Forces Relief Trust**: The mission of the Armed Forces Relief Trust is to assist the military aid organizations by providing a single vehicle to accept contributions that benefit the men and women of the Armed Forces and their families.

**Army Continuing Education System**: GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning.

**Army Emergency Relief (AER)**: AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers.

**Army Wounded Warrior**: The Army Wounded Warrior Program (AW2) is the official U.S. Army program that assists and advocates for severely wounded, ill, and injured Soldiers, Veterans, and their Families, wherever they are located, regardless of military status.

**ACE (American Council on Education) Military Programs**: Since 1945, the American Council on Education (ACE) has provided a collaborative link between the U. S. Department of Defense and higher education through the review of military training and experiences for the award of equivalent college credits for members of the Armed Forces.

**Benefits**: Various benefits available as a result of military service.

**Blinded Veterans Association (BVA)**: The Blinded Veterans Association (BVA) is an organization of blinded veterans helping blinded veterans. Through our service programs, regional groups, resources, and advocacy before the legislative and executive branches of government, we hope to make life better for blinded veterans.

**Brain Injury Association of America**: The Brain Injury Association of America (BIAA) is the voice of brain injury. We are dedicated to increasing access to quality health care and raising awareness and understanding of brain injury through advocacy, education and research.

**CareerOneStop**: The Key to Career Success campaign connects veterans and transitioning service members with high quality career planning, training, and job search resources available at local One-Stop Career Centers.

**CASY-Corporate America Supports You:** Their mission is to expand employment opportunities for service members and veterans through one-on-one employment placement assistance focused on the use of gap skills training and targeted resume and interview assistance, LinkedIn optimization, and connections to employer partners in order to create a smoother transition process. Corporate America Supports You (CASY) was chartered in 2010 as a private sector non-profit organization with the mission to provide no-cost employment readiness, vocational training, and one-on-one job placement services for National Guard, Reserves, transitioning service members, and veterans of all branches of service.

**Center for Minority Veterans:** The Center for Minority Veterans is part of the Office of the Secretary. The Center assists eligible veterans in their efforts to receive benefits and services from VA. The Center is dedicated to ensuring that all veterans are aware of benefits, services, and programs offered by VA.

**Center for Women Veterans:** The Center serves as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and women in the military, and in raising awareness of the responsibility to treat women Veterans with dignity and respect.

**Coalition for Iraq and Afghanistan Veterans:** The Coalition for Iraq and Afghanistan Veterans (CIAV) is a national non-partisan partnership of organizations committed to working with and on behalf of all military, veterans, families, survivors and providers to strengthen the existing system of care and support for all those affected by the wars in Iraq and Afghanistan.

**Defense Enrollment Eligibility Reporting System (DEERS):** DEERS is a worldwide, computerized database of uniformed services members (sponsors), their family members, and others who are eligible for military benefits, including TRICARE.

**Deployment Health and Family Readiness Library:** This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library, you will find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you.

**Disabled American Veterans:** Building Better Lives for America's Disabled Veterans

**Fisher House Program:** A Fisher House is “a home away from home” for families of patients receiving medical care at major military and VA medical centers. The homes are normally located within walking distance of the treatment facility or have transportation available.

**GulfLink - Office of the Special Assistant for Gulf-War Illnesses:** GulfLINK was established in August 1995 to provide on-line access to medical, operational, and intelligence documents from the 1990-1991 Gulf War.

**Iraq and Afghanistan Veterans of America:** Iraq and Afghanistan Veterans of America is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans.

**Mesothelioma Lung Cancer:** Individuals who believe they have developed pleural mesothelioma due to asbestos exposure during their military service may apply for benefits through the U.S. Department of Veterans Affairs (VA). While the VA does indeed recognize pleural mesothelioma as a service-related disease, the individual applying for benefits must be able to demonstrate that exposure occurred during service and not before or after in order to qualify. PleuralMesothelioma.com offers free assistance to veterans filing a VA claim. Our Veterans Assistance Department has reliable experience in filing VA claims and we can help any veteran with pleural mesothelioma to acquire benefits from the VA. To speak with someone in our Veterans Assistance Department please call 1-800-615-2270 or simply fill out the form on this page to be contacted.

**Military OneSource:** Education, relocation, parenting, stress - you name it - Military OneSource is here to help you with just about any need. Available by phone or online, our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions.

**Military Sexual Trauma Program:** Both women and men can experience sexual harassment or sexual assault during their military service. VA refers to these experiences as military sexual trauma, or MST. Like other types of trauma, MST can negatively affect a person's mental and physical health, even many years later.

**Military Treatment Facilities (MTF):** TMA leadership has managed the TRICARE health care program for active duty members and their families, retired service members and their families, National Guard/Reserve members and their families, survivors and others entitled to DoD medical care.

**Military Wives:** Provides timely information, resources, and a community help you survive the challenges and adventures of military life. Our goal is to help you live the life you want to live within the military community.

**My Health Vet:** My HealtheVet is a free, online personal health record. It is available 24/7, wherever there is Internet access.

**National Resource Directory:** The National Resource Directory (NRD) is a website for connecting wounded warriors, service members, Veterans, and their families with those who support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Visitors can find information on a variety of topics including benefits & compensation, education & training, employment, family & caregiver support, health, homeless assistance, housing, transportation & travel, volunteer opportunities and other services & resources.

**National Veterans Foundation:** To serve the crisis management, information and referral needs of all U.S. Veterans and their families through: Management and operation of the nation's only toll-free helpline for all veterans and their families. Along with public awareness programs that shine a consistent spotlight on the needs of America's veterans. Outreach services that provide veterans and families in need with food, clothing, transportation, employment, and other essential resources.

**Operation Military Childcare:** NACCRRRA is working with the U.S. Military Services to help those who serve in the military find and afford childcare that suits their unique needs. Through several innovative civilian/military efforts between the Services, NACCRRRA and Child Care Resource and Referral agencies (CCR&Rs) are building the quality and capacity of childcare throughout the country.

**PAServes:** A program designed for military veterans, service members and their families to aid them in connecting with resources in the greater Pittsburgh area. The PAServes – Greater Pittsburgh program is hosted by Pittsburgh Mercy, bringing a comprehensive system to coordinate services for those who have served in the military. Regardless of discharge status, if you have served in the military or are the family member of someone who has served, you may qualify for resources in the community.

**Paralyzed Veterans of America (PVA):** At Paralyzed Veterans of America, we fight for better health care and benefits, aid in the search for a truly satisfying career, and provide the path to adventure through adaptive sports. What's more, we are committed to ongoing care by educating clinicians about spinal cord injury, and we're deeply invested in the future—a cure for paralysis.

**Post-Deployment Health Clinical:** PDHealth provides a gateway to information on deployment health and healthcare for healthcare providers, service members, veterans, and their families.

**Post-Deployment Health Reassessment:** The PDHRA provides for a second health assessment using DD Form 2900 during the three to six-month time period after return from deployment, ideally at the three to four month mark.

**Post-Traumatic Stress Disorder (PTSD) National Center:** The Center aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD.

**Reserve Affairs:** To serve as Principal Staff Assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters, which involve the Reserve Components, including the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve.

**Returning Veterans:** Have you recently returned from military service? If you have served, you have earned benefits. Now is the time to take advantage of the benefits VA offers OEF/OIF Veterans. Please do so NOW!

**Service Members Civil Relief Act:** On 19 December 2003, President Bush signed into law the “Servicemembers Civil Relief Act” (SCRA). This law is a complete revision of the Soldiers’ and Sailors’ Civil Relief Act (SSCRA), which provided a number of significant protections to servicemembers. Military personnel should learn about the SCRA and the protections and benefits it provides for themselves and their families. The SCRA can provide many forms of relief to military members. Below are some of the most common forms of relief. *Mortgage Relief / Termination of Leases / Protection from Eviction / 6% Cap on Interest Rates / Stay of Proceedings / Reopening Default Judgements*

**Soldiers' Angels:** Soldiers' Angels is a volunteer-led 501(c) (3) nonprofit providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, and their families.

**Soldiers Project:** We are a group of licensed mental health professionals who offer free psychological treatment to military service members (active duty, National Guard, Reserves and veterans) who have served or who expect to serve in the conflicts in Iraq or Afghanistan.

**Special Needs and Information on Military Children:** A 501(c)(3) non-profit, world-wide organization, the Military Child Education Coalition (MCEC)'s work is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition.

**"Stars and Stripes" Newspaper:** News for America's military Stars and Stripes has published a newspaper continuously since World War II. Stars and Stripes provides independent news and information to the U.S. military community, including active-duty servicemembers, DoD civilians, veterans, contractors, and their families. Unique among Department of Defense authorized news outlets, Stars and Stripes is governed by the principles of the First Amendment.

**Student Veterans of America:** Mission: To provide military veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation.

**Suicide Prevention Lifeline:** The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline and online chat. Veterans and their loved ones can call 1-800-273-8255 and Press 1 or chat online to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

**Team Red White and Blue:** Mission: To enrich the lives of America’s veterans by connecting them to their community through physical and social activity. We accomplish our mission via our two core programs: our Chapter and Community Program and our Eagle Leadership Development Program.

**Team Rubicon**: Through continued service, Team Rubicon seeks to provide our veterans with three things they lose after leaving the military: a purpose, gained through disaster relief; community, built by serving with others; and identity, from recognizing the impact one individual can make. Coupled with leadership development and other opportunities, Team Rubicon looks to help veterans transition from military to civilian life. By focusing on underserved or economically-challenged communities, Team Rubicon seeks to make the largest impact possible. Disasters represent a massive financial cost, and by providing immediate relief work, free of cost, TR aims to help communities begin recovery sooner.

**Tragedy Asst Program for Survivors (TAPS)**: TAPS provides ongoing emotional help, hope, and healing to all who are grieving the death of a loved one in military service to America, regardless of relationship to the deceased, geography, or circumstance of the death.

**Uniformed Services Employment and Reemployment Rights Act (USERRA)**: We will develop and promote employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws, and resolving conflict between employers and service members.

**Uniformed Services University Center for Traumatic Studies**: Courage to Care is a new, electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women and families. Courage to Care consists of electronic fact sheets (see attached fact sheets) on timely health topics relevant to military life that provide actionable information.

#### **United States Military:**

- **Air Force**
- **Army**
- **Marines**
- **Navy**
- **Coast Guard**

**USA Cares**: USA Cares provides financial and advocacy assistance to post 9/11 active duty US military service personnel, veterans and their families.

**U.S. Vets: Our Mission**: The successful transition of military veterans and their families through the provision of housing, counseling, career development and comprehensive support.

**VA Polytrauma System of Care**: Polytrauma care is for veterans and returning service members with injuries to more than one physical region or organ system, one of which may be life threatening, and which results in physical, cognitive, psychological or psychosocial impairments and functional disability.

**Veterans Administration**: Welcome to the Department of Veterans Affairs, and thank you for your service to our country. The VA was established for one purpose:  
“To care for him who shall have borne the battle and for his widow and his orphan...”  
Abraham Lincoln

**VA Fact Sheet**: These fact sheets provide basic information on VA benefit programs by category. For additional information, go to Health Care, Benefits, or Burial & Memorials.  
Fact sheets are in Word or PDF format.

**Vet Centers**: If you have served in any combat zone, Vet Centers are in your community to help you and your family with readjustment counseling and outreach services. Staffed by small multi-disciplinary teams of

dedicated providers, many of which are combat Veterans themselves, we strive to help you make a successful transition.

**Vets 4 Vets:** Vets4Vets is a non-partisan organization dedicated to helping Iraq and Afghanistan-era veterans to heal from the psychological injuries of war with peer support. Our primary goal is to help Iraq and Afghanistan-era veterans understand the value of peer support and to regularly use peer support to express their emotions, manage their challenges and ease their reintegration into society. Our vision is that anytime a veteran needs to talk with someone who really understands, a local Vets4Vets peer support group is available at no cost. We envision Vets4Vets being a common name in the minds of all veterans as a place where they, and their comrades, can go to heal.

**Veterans Leadership Program:** The mission of Veterans Leadership Program of Western Pennsylvania is to provide essential housing, employment, and vital supportive services to eligible local Veterans, service members, and their families with the goal of improving their self-sufficiency, sustainability, and quality of life.

**Veterans of Foreign Wars:** “To foster camaraderie among United States veterans of overseas conflicts, to serve our veterans, the military, and our communities, to advocate on behalf of all veterans. To ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country”.

**Veterans Service and Community Service:** As one of America’s foremost veteran’s service organizations, AMVETS (or American Veterans) has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens. The helping hand that AMVETS extends to veterans and their families takes many forms. One of the most visible is our network of trained national service officers (NSOs) accredited by the Department of Veterans Affairs. Funded by the AMVETS National Service Foundation, these dedicated men and women can be found in close to 40 states, providing sound advice and prompt action on compensation claims at no charge to the veteran.

**Woman Veterans:** The Center serves as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and women in the military, and in raising awareness of the responsibility to treat women Veterans with dignity and respect.

**Wounded Warrior Project:** To foster the most successful, well-adjusted generation of wounded warriors in this nation's history.

**Here are some numbers where you can reach someone to talk to 24/7:**

- **Lifeline for Vets: 1-888-777-4443.** This service is offered through the National Veterans Foundation. When you call Lifeline for Vets, you will reach another veteran of American's armed forces.

