



VETRESOURCES

#VetResources is a weekly newsletter for Veterans, their families, caregivers, and survivors. [Connect with Secretary Collins on X](#)



VA RESOURCES



UPCOMING VA EVENTS



JOBS FOR VETERANS

VA OPENS 35 HEALTH CARE FACILITIES SINCE 2025

VA has opened 35 new health care facilities across the nation since January 2025! [Connect with Secretary Collins on X to see where these facilities are located.](#)

[Find a VA location near you](#)

MAKE THE CONNECTION - MENTAL WELLNESS

If you're a Veteran feeling uncertain about reaching out for support, you're not alone. Other Veterans have been there too. They describe what held them back, how they overcame it, and what they learned from the experience.



[Learn more](#)

Discover VA's online mental health resource designed to support you whenever and wherever you need it. All resources are free, confidential and available 24/7.

[Free courses](#)

FILE YOUR INTENT FOR EARLIER CLAIM DATE

Submitting an intent to file - or ITF - gives you one year to submit your claim and keep the date you submitted an ITF as the effective date for your benefits. That could mean up to one year retroactive benefits.

[Watch](#)



VA RESOURCES

- For any questions or requests, [1-800-MyVA411 \(1-800-698-2411\)](tel:1-800-MyVA411) is always the right number.
- [Veterans Crisis Line: 988](#) and press 1, [Chat](#), or Text [838255](tel:838255)
- [Vet Centers: 1-877-927-8387](tel:1-877-927-8387)
- [Homeless Veteran Resources: 1-877-424-3838](#) or [Chat](#)
- [Ask VA](#)
- [Schedule a 1-on-1 Appointment with a VA Benefits Expert](#)
- [Find a VA facility near you](#)

For non-urgent questions, you can reach VA using the [VA Health & Benefits App](#) or [MyHealththeVet](#) secure messaging to schedule an appointment, refill prescriptions, and access your medical records.



VA HOME LOANS - DON'T FALL FOR MARKETING TRAPS



Claiming exclusive VA loan programs is a myth - benefits are uniform across lenders. Learn how to spot misleading marketing, what actually matters when choosing a lender, and how to make sure you're getting the best deal possible with the benefit you earned.

[Watch](#)

CAREGIVER NETWORK

The Military and Veteran Caregiver Network (MVCN) by American Red Cross is a way for caregiver peers to connect and increase engagement, knowledge, skills, and hope. Caregivers - discover your community today!



[Learn More](#)

EXCLUSIVE DISCOUNTS FOR VETERANS

Update your most important everyday carry (EDC) item with 20% off PROOF minimalist wallets. This Veteran-owned and operated business uses top-grain leather and Aerospace-Grade Aluminum and offers a Lifetime Guarantee for damaged, lost, or stolen wallets. With top-tier quality assurance, customer service, and a history of giving back to the Veteran community, check out PROOF wallets today.

[PROOF Wallets](#)

[Find other Veteran discounts](#)



HEALTH CARE



DISABILITY



EDUCATION AND TRAINING



CAREERS AND EMPLOYMENT



PENSION



HOUSING ASSISTANCE



LIFE INSURANCE



BURIALS AND MEMORIALS



RECORDS



DISCLAIMER: THE SHARING OF ANY NON-VA INFORMATION DOES NOT CONSTITUTE AN ENDORSEMENT OF PRODUCTS OR SERVICES ON THE PART OF THE VA.

If you are having thoughts of suicide, call [988](tel:988), then **PRESS 1** or visit <http://www.veteranscrisisline.net/>.

Please remember the only secure way to ask personal questions is at VA.gov/contact-us/.



Choose VA