

# Operation Health: Resources for Veterans and Their Families

An Infopeople Webinar  
Presented by Kelli Ham  
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## MedlinePlus Health Topics

Veterans and Military Health

<http://www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html>

Veterans and Military Family Health

<http://www.nlm.nih.gov/medlineplus/veteransandmilitaryfamilyhealth.html>

Traumatic Brain Injury

<http://www.nlm.nih.gov/medlineplus/traumaticbraininjury.html>

Concussion

<http://www.nlm.nih.gov/medlineplus/concussion.html>

Mental Health

<http://www.nlm.nih.gov/medlineplus/mentalhealth.html>

Post-traumatic Stress Disorder

<http://www.nlm.nih.gov/medlineplus/posttraumaticstressdisorder.html>

Homeless Health Concerns

<http://www.nlm.nih.gov/medlineplus/homelesshealthconcerns.html>

Suicide

[www.nlm.nih.gov/medlineplus/suicide.html](http://www.nlm.nih.gov/medlineplus/suicide.html)

Alcoholism

<http://www.nlm.nih.gov/medlineplus/alcoholism.html>

Drug Abuse

<http://www.nlm.nih.gov/medlineplus/drugabuse.html>

Prescription Drug Abuse

<http://www.nlm.nih.gov/medlineplus/prescriptiondrugabuse.html>

Artificial Limbs

[www.nlm.nih.gov/medlineplus/artificiallimbs.html](http://www.nlm.nih.gov/medlineplus/artificiallimbs.html)

Paralysis

[www.nlm.nih.gov/medlineplus/paralysis.html](http://www.nlm.nih.gov/medlineplus/paralysis.html)

Spinal Cord Injuries

[www.nlm.nih.gov/medlineplus/spinalcordinjuries.html](http://www.nlm.nih.gov/medlineplus/spinalcordinjuries.html)

## Statistics

American War and Military Operations Casualties: Lists and Statistics

[www.fas.org/sgp/crs/natsec/RL32492.pdf](http://www.fas.org/sgp/crs/natsec/RL32492.pdf)

U.S. Military Casualty Statistics: Operation New Dawn, Operation Iraqi Freedom, and Operation Enduring Freedom

<http://www.fas.org/sgp/crs/natsec/RS22452.pdf>

### **Websites and Resources**

Veterans Administration

<http://va.gov/>

Military Exposures

<http://www.publichealth.va.gov/exposures/>

### **Traumatic Brain Injury**

Brainline Military

<http://www.brainlinemilitary.org/>

AVBI: American Veterans with Brain Injuries

<http://www.avbi.org/>

### **Mental Health Issues**

Mental Health

<http://www.mentalhealth.va.gov/>

Guide to VA Mental Health Services for Veterans & Families

[http://www.mentalhealth.va.gov/docs/Guide\\_to\\_VA\\_Mental\\_Health\\_Srvcs\\_FINAL12-20-10.pdf](http://www.mentalhealth.va.gov/docs/Guide_to_VA_Mental_Health_Srvcs_FINAL12-20-10.pdf)

### **PTSD**

National Center for PTSD

<http://www.ptsd.va.gov/>

PTSD Awareness Month: June 2012 - NATIONAL CENTER for PTSD

[http://www.ptsd.va.gov/about/ptsd-awareness/ptsd\\_awareness\\_month.asp](http://www.ptsd.va.gov/about/ptsd-awareness/ptsd_awareness_month.asp)

### **Substance Abuse**

<http://www.drugabuse.gov/patients-families>

<http://www.easyread.drugabuse.gov/>

### **Homelessness**

<http://www.nchv.org/veterans.cfm>

### **Women Veterans**

<http://www.mentalhealth.va.gov/>

<http://www.womenshealth.va.gov/>

California's Women Veterans Response to the 2011 Survey: Preliminary Report

[http://www.library.ca.gov/crb/12/FINAL\\_REPORT.pdf](http://www.library.ca.gov/crb/12/FINAL_REPORT.pdf)

## **Military Sexual Trauma**

<http://www.mentalhealth.va.gov/msthome.asp>

## **Aging Veterans**

Caring for Aging Veterans

<http://www.defensemедianetwork.com/stories/caring-for-aging-veterans/>

## **Support Services**

Make the Connection

<http://maketheconnection.net/>

Military Families and Friends

<http://maketheconnection.net/family-friends>

Returning Soldier and Veteran Health

<http://www.raconline.org/topics/veterans/>

## **Hotlines**

Veterans Crisis Line 1.800.273.TALK (8255)

<http://www.veteranscrisisline.net/>

National Call Center for Homeless Veterans 1.877.4AID.VET (424.3838)

VA Caregiver Support Line 1.855.260.3274

Wounded Warrior Resource Center 1.800.342.9647

## **Support For Caregivers**

VA Caregiver Support

<http://www.caregiver.va.gov/>

For Stroke Caregivers

<http://www.rorc.research.va.gov/rescue/>

## **Mobile Apps**

PTSD Coach

<http://www.t2health.org/apps/ptsd-coach>

Breath2Relax

<http://www.t2health.org/apps/breathe2relax>

T2 Mood Tracker

<http://t2health.org/apps/t2-mood-tracker>

## **Online Support Groups**

After Deployment

<http://www.afterdeployment.org/>

National Alliance on Mental Illness (NAMI)  
<http://bit.ly/VetSupport>

Military Kids Connect  
<https://www.militarykidsconnect.org/>

**California Department of Veteran Affairs**  
CalVet  
<http://www.calvet.ca.gov/>

2012 California Veterans Resource Book  
[http://www.calvet.ca.gov/Files/VetServices/Veterans\\_Resource\\_Book.pdf](http://www.calvet.ca.gov/Files/VetServices/Veterans_Resource_Book.pdf)

### **Directories**

Vet Centers  
[http://www2.va.gov/directory/guide/vetcenter\\_flsh.asp](http://www2.va.gov/directory/guide/vetcenter_flsh.asp)

State and Local Resources  
<http://www.va.gov/statedva.htm>

County Veteran Service Organizations  
[www.cacvso.org](http://www.cacvso.org)

Search for all facilities based on your criteria:  
[http://www2.va.gov/directory/guide/rpt\\_fac\\_list.cfm#ic\\_regions](http://www2.va.gov/directory/guide/rpt_fac_list.cfm#ic_regions)

DIRLINE: Directory of Health Organizations  
<http://dirline.nlm.nih.gov/index.html>

National Resource Directory  
<https://www.nationalresourcedirectory.gov/>

VALNET – VA Libraries  
[http://www.va.gov/VALNET/Consumer\\_Health.asp](http://www.va.gov/VALNET/Consumer_Health.asp)

Information\_Therapy  
[http://www.va.gov/valnet/docs/Information\\_Therapy.pdf](http://www.va.gov/valnet/docs/Information_Therapy.pdf)

### **Personal Health Records**

MyHealthVet  
<http://www.myhealth.va.gov>

### **Journal Articles**

Shively SB, Perl DP. Traumatic brain injury, shell shock, and posttraumatic stress disorder in the military-past, present, and future. J Head Trauma Rehabil., 2012 May;27(3):234-9.  
<http://www.ncbi.nlm.nih.gov/pubmed/22573042>

McFarlane AC. Military deployment: the impact on children and family adjustment and the need for care. *Curr Opin Psychiatry*. 2009 Jul;22(4):369-73.

<http://www.ncbi.nlm.nih.gov/pubmed/19424067>

Wieland DM, Haley JL, Boudier M. Military sexual trauma. *Pa Nurse*. 2011 Dec;66(4):17-9, 21.

<http://www.ncbi.nlm.nih.gov/pubmed/22359967>.

### **Recommended Titles**

Keith Armstrong et al. *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families*. 2006

Peter Gaytan and Marian Borden. *For Service to Your Country: The Essential Guide to Getting the Veterans' Benefits You've Earned*. 2011

Janelle Hill et al. *Life after the Military: A Handbook for Transitioning Veterans*. 2011

Charles W. Hoge, MD. *Once a Warrior, Always a Warrior: Navigating the Transition from Combat to Home*. 2010

Carlos Montalvan and Bret Witter. *Until Tuesday: A Wounded Warrior and the Golden Retriever Who Saved Him*. 2011.

Cheryl A. Roberts. *Coping with Post-Traumatic Stress Disorder: A Guide for Families*. 2011

Laurie B. Slone and Matthew J. Friedman, MD. *After the War Zone: A Practical Guide for Returning Troops and Their Families*. 2008