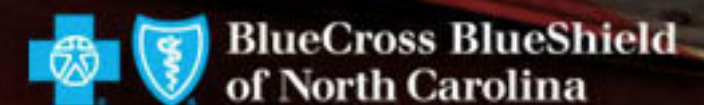


Red, White & BLUE NCSM

Reaching Out to Those Who Served

Did You Know?

- One in 10 adults living in North Carolina has served in the United States military¹
- North Carolina is the third largest state in per capita population of service men, women and their families.²



Helpful Resources

Military servicemen, servicewomen and their families have a unique set of needs when it comes to medical care.

That's why we have collaborated with the North Carolina Focus on Service Members, Veterans and their Families to develop a series of resources to help you get the best care.

Physicians and Health Care Professionals

Find courses and training information on military issues at our [provider website](#).

Veteran Crisis Line

- Connects veterans in crisis and their families and friends with qualified, caring VA responders. Veterans and their loved ones can also call 1-800-273-8255, and Press 1.

VA Health Care Enrollment Website

- The VA Enrollment Website is the fastest and easiest way to apply for VA care or to update your information. You may also call 1-877-222-VETS (8387)

Make the Connection

- A national, public awareness campaign by the VA that features candid, personal testimonials from veterans and their loved ones and provides access to local resources.

Connecting with VA

- Don't know where to start? See a comprehensive list of resources [\[pdf\]](#).

Resources for Those Who Served in Operation Enduring Freedom / Operation Iraqi Freedom / Operation New Dawn:

- Visit www.oefoif.va.gov
- Or, call toll-free 1-877-222-8387 for information about health care, dental care, education, and other benefits for OEF/OIF/OND Veterans.

Additional Resources:

Vet Center

- Readjustment counseling services are available at 300 community-based offices (Vet Centers) across the nation.
- Or, call 1-877-WAR-VETS (927-8387)

Veterans Employment Toolkit

- A toolkit that supports veterans seeking work and helps employers support their employees who are veterans or members of the Reserve and National Guard.

VA Campus Toolkit

- A toolkit that provides faculty, staff, and administrators resources to support student veterans by understanding their unique experiences, adjustments, and needs.

Moving Forward App

- Moving Forward provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. The app is designed for Veterans and Service members, but is useful for anyone with stressful problems. It is especially helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries. It may be used alone or in combination with the [Moving Forward online course](#).

Family-Focused Support Resources:

Coaching Into Care

- A VA service to help family members and friends help a veteran seek VA care. Callers get information on VA services and coaching on how to talk about treatment needs.
- Or, call 1-888-823-7458

VA Caregiver Support

- Provides support for caregivers of veterans and information about services that may be available to them.
- Or, call 1-855-260-3274

Mobile Apps:

PTSD Coach App

- Learn to manage symptoms that commonly occur after trauma using the PTSD Coach app. The app includes information on PTSD, treatments, tools for screening and tracking symptoms, skills to help users and direct links to support and help.