

## VA IS COMMITTED TO HELPING WOMEN WHO SERVED ...

### Live in safe, stable housing.

- VA Homeless Programs has a variety of services to help you stay in your home or find safe, stable housing.
- Veterans receive help with expenses such as rent and utilities.
- Qualified Veterans in temporary housing can be moved into a permanent home.
- VA will help explore options to avoid foreclosure.

### Care for their families.

- Assistance with child care expenses can help Veterans keep appointments or go to school, training or a job .

### Gain stable employment.

- VA provides job training and referrals to help eligible Veterans find employment.

### Get a degree.

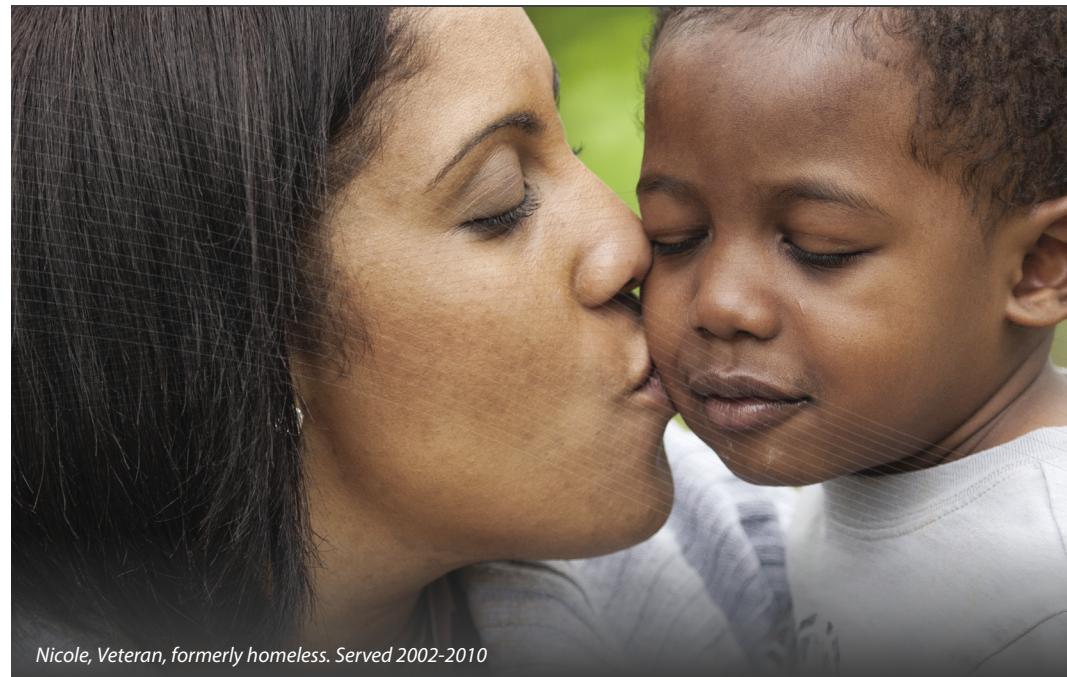
- VA can help eligible Veterans with living expenses while they go back to school.

### Stay physically and mentally healthy.

Each VA medical center has health care providers, most of whom are women, who specialize in women's care. VA's services include:

- Cervical and breast cancer screens
- Limited infertility services and prenatal care
- Birth control
- Newborn care for seven days
- Maternity care including a free breast pump and nursing bras
- Whole health services such as yoga and acupuncture
- Prosthetics including wigs and bras post-mastectomy
- Telehealth and tele-gynecology for women Veterans living in underserved areas
- Recreational therapies

VA recognizes that women Veterans experienced their military service in different ways than men. VA provides mental health treatment for PTSD, military sexual trauma, depression, and other issues along with readjustment counseling. Women Veterans facing any type of mental or emotional distress can contact the Veterans Crisis Line at any time by dialing 1-800-273-8255 and selecting option 1.



Nicole, Veteran, formerly homeless. Served 2002-2010

For women who served in the military and face homelessness,

# VA IS HERE TO HELP.



Help for Homeless Veterans  
**877-4AID-VET**  
va.gov/homeless | (877) 424-3838

Don't give up.  
Go to VA to  
get help.

*– Connie, Veteran, formerly homeless.  
Served 1977-1981*



## VA IS HERE TO HELP WOMEN VETERANS SECURE THE SAFE, STABLE HOUSING THEY DESERVE.

### If You Have Served in the Military and Need Housing Assistance, Call VA

Life outside the service can be filled with unexpected problems that may lead to, or put you at risk of, homelessness. If this has happened to you, VA can help. VA has many different programs and services that can help women who served and their families get back on their feet.

### First Housing, Then Services

VA will help you quickly find safe, stable housing. VA also can find resources to help pay overdue rent or utilities. VA does not require drug and alcohol testing to qualify for assistance. Once you and your family are in your home, you can access a number of services. These include women's health care, mental health and alcohol and drug misuse treatment, job training, financial advice, legal assistance and more. With these services, many women Veterans exit homelessness and lead independent lives.

### The Center for Women Veterans is here to help.

Since 1994, the Center for Women Veterans has monitored and coordinated VA benefits, programs, and services for women Veterans. The center also advocates for women Veterans and raises awareness of the responsibility to treat women Veterans with dignity and respect. Visit <http://www.va.gov/womenvet> to learn more about the support offered by the center.

### Make the Call.

If you are currently or at risk of experiencing homelessness, you can call 877-4AID-VET (877-424-3838) or chat online at [va.gov/homeless](http://va.gov/homeless). VA's trained and supportive professionals are available 24 hours a day, seven days a week.



If it wasn't for the VA, I don't know where I'd be.

*– Tracy, Veteran, formerly homeless.  
Served 1988-1991*