



# 22 UNTIL NONE

VETERAN RESOURCES GUIDE JAN 16, 2017

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## JOBS

- <http://www.militarywarriors.org/ceos4heroes>
- <http://h2h.jobs/#>
- <http://www.militaryhire.com/>
- <http://www.hireveterans.com/>
- <http://recruitmilitary.com/>
- <http://clearedjobs.net/>
- <http://www.getskillstowork.org/>
- <http://www.allvetstates.com/>
- <http://www.helmetstohardhats.org/>
- <http://militaryexits.com/>
- <http://mven.org/index.html>
- <http://www.military.com/veteran-jobs/search>
- <https://semperfund.org/assistance/>
- US Dept of Labor Return to Work Toolkit  
<https://www.dol.gov/odep/return-to-work/employee-veterans-wounded-warrior.htm>
- Salary.com to check compensation by location and compare benefits <http://salary.com/>
- Unemployment benefits after the military  
<http://themilitarywallet.com/unemployment-benefits-for-military-veterans/>
- eMentor  
<https://ementorprogram.org/p/veteran/about>
- ACP career guidance and mentoring <http://acp-usa.org/>

## RESUME ASSISTANCE

- <http://www.military.com/veteran-jobs/skills-translator/>
- [http://www.militaryonesource.mil/transition/job-preparation-and-resume-writing?content\\_id=268519](http://www.militaryonesource.mil/transition/job-preparation-and-resume-writing?content_id=268519)
- <http://www.realwarriors.net/veterans/treatment/civilianresume.php>
- Interview tips for veterans  
<http://www.realwarriors.net/veterans/treatment/interviewprep.php>
- Semper Fi Fund Education and Career Transition Assistance  
<https://semperfund.org/how-we-help/assistance/>
- <http://www.realwarriors.net/veterans/treatment/resumehelp.php>
- For Federal Jobs (might have cost involved)  
<http://www.resume-place.com/veterans/>
- eMentor  
<https://ementorprogram.org/p/veteran/about>

## PROFESSIONAL ATTIRE ASSISTANCE

- Save a Suit <http://saveasuit.org/military-veteran/>
- SE Michigan only, Suits for Soldiers  
<http://www.suitsforsoldiers.org/clothing.html>
- Boots to Heels – Dallas TX, female veterans  
<http://www.attitudesandattire.org/what-we-do/our-aa-program/boutique.html>

## LEGAL ASSISTANCE

- [http://www.americanbar.org/portals/public\\_resources/aba\\_home\\_front/directory\\_programs.html](http://www.americanbar.org/portals/public_resources/aba_home_front/directory_programs.html)
- <http://www.militaryjusticeattorneys.com/>
- <http://www.justiceforvets.org/veterans-treatment-court-locations>
- [http://gainscenter.samhsa.gov/grant\\_programs/in\\_your\\_state.asp](http://gainscenter.samhsa.gov/grant_programs/in_your_state.asp)
- <http://www.vetslegal.com/>
- Veterans treatment court mentors  
<http://www.justiceforvets.org/veteran-mentor-courts>
- Active duty only: GI Rights Hotline  
<http://girightshotline.org/>
- For VA claims <https://vetadvocates.org/>
- For MST cases  
<http://www.protectourdefenders.com/>

## BENEFITS

- Ebenefits homepage (where you can get a copy of your dd214, apply for benefits, check status on claims and appeals, add dependants and much more)  
<https://www.ebenefits.va.gov/ebenefits/homepage>
- MyHealthEVet track appointments, download your VA history, renew prescriptions and more  
<https://www.myhealth.va.gov/index.html>
- Link to State Veteran's Benefits  
<http://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html>
- VA app store to access VA programs on your mobile phone <https://mobile.va.gov/appstore>
- Mobile Apps for per diem pay and other needs  
<http://militarylounge.com/#innovative-apps>
- Video on how to file for disability benefits with the VA  
[https://www.youtube.com/watch?v=RSzX029\\_o\\_hA](https://www.youtube.com/watch?v=RSzX029_o_hA)
- Info on the VA claims process and how it works  
<http://www.benefits.va.gov/COMPENSATION/process.asp>
- Use a VSO to help file! Any DAV, VFW or AL post can help you OR you can use your



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appointed state and county Veteran Service Officer [www.nacvso.org](http://www.nacvso.org)

- <http://www.benefits.va.gov/BENEFITS/ApplyIng.asp>
- Apply for VA Health Care <https://www.vets.gov/healthcare/apply/>
- GI Bill Benefits <http://benefits.va.gov/gibill/>
- Benefits that may be available to veterans and their families <http://explore.va.gov/>

## BENEFITS ADVOCACY

- <http://www.nvlsp.org/>
- National Association of Veterans Service Officers [www.nacvso.org](http://www.nacvso.org)
- <http://www.vfw.org/Assistance/>
- <http://www.dav.org/veterans/find-your-local-office/>
- OASIS Group, for special operations personnel <http://oasisgrp.org/>

## MENTORING

- GallantFew: Intake form for veterans and veteran mentors <http://gallantfew.org/signup/>
- SemperFi Fund Veterans2Veterans Program: <https://semperfifund.org/assistance/>
- Warfighter Foundation Senior Marine Program <http://www.warfighterfoundation.org/senior-marine-program/>
- VA Vet Center (staffed by vets in the community) [http://www.va.gov/directory/guide/vetcenter\\_flsh.asp](http://www.va.gov/directory/guide/vetcenter_flsh.asp)
- eMentor <https://ementorprogram.org/p/veteran/about>
- ACP career guidance and mentoring <http://acp-usa.org/>

## HOUSING

- VA's HUDVASH program for emergency housing program 1-877-4AID-VET
- VA Supportive Services for Veteran Families also 1-877-4AID-VET
- US VETS (AZ, CA, MO, NV, TX, DC) <http://www.usvetsinc.org/programs-services/> 213.542.2600
- Vet Centers Readjustment program [http://www.va.gov/directory/guide/vetcenter\\_flsh.asp](http://www.va.gov/directory/guide/vetcenter_flsh.asp)
- National Coalition for Homeless Veterans **1-800-VET-HELP**
- American Legion Homeless Veteran Task Forces Contacts List

<http://www.legion.org/homelessveterans/findhelp>

- Los Angeles Homeless Services Authority HUDVASH info and criteria [http://lahsa.org/veteran\\_resources](http://lahsa.org/veteran_resources)
- HUD portal for homelessness assistance [http://portal.hud.gov/hudportal/HUD?src=/program\\_offices/comm\\_planning/homeless](http://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/homeless)
- List of Stand Downs for Homeless Vets <http://www.va.gov/homeless/events.asp>

## EDUCATION

- VA's GI Bill info page <http://www.benefits.va.gov/gibill/>
- Assistance in paying for a tutor [http://www.benefits.va.gov/gibill/tutorial\\_assistance.asp](http://www.benefits.va.gov/gibill/tutorial_assistance.asp)
- Info on Post 9/11, Montgomery, Reservist and other GI Bill programs <http://www.military.com/education/gi-bill>
- GI Bill Calculator [http://www.military.com/apps/reg/gi-bill-calc-reg?vlv\\_redir=http%3A%2F%2Fwww.military.com%2Fgi-bill-calculator%2F](http://www.military.com/apps/reg/gi-bill-calc-reg?vlv_redir=http%3A%2F%2Fwww.military.com%2Fgi-bill-calculator%2F)
- GI Bill Application Process (**Remember sometimes GI Bill can be late, and may not start til your first or second week of school! Have a back up plan!**) <http://www.military.com/education/gi-bill/post-9-11-gi-bill-application-process.html>
- House Committee on Veteran Affairs FAQ on GI Bill Benefits <http://veterans.house.gov/gibillfaq>
- Vocational Rehabilitation Program <http://www.military.com/benefits/veteran-benefits/vocational-rehabilitation-and-employment.html>
- VEAP Program <http://www.benefits.va.gov/gibill/veap.asp>
- College Guide mobile app to find which schools accept GI Bill. iOS only <http://militarylounge.com/college-guide-post-911-gi-bill-benefits-for-military-soldiers/>
- Semper Fi Fund Education and Career Transition Assistance <https://semperfifund.org/how-we-help/assistance/>
- Student Veterans of America <http://studentveterans.org/>



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## MENTAL HEALTH, PTSD RESOURCES & RETREATS

- <http://www.mentalhealth.va.gov/>
- <http://afterdeployment.dcoe.mil/>
- <http://battletap.org/home.aspx>
- <http://www.cominghomeproject.net/>
- For female veterans!  
<http://www.graceafterfire.org/>
- <http://maketheconnection.net/>
- Common signs of PTSD and what to do  
<http://maketheconnection.net/conditions/ptsd#1>
- Mental Health Self Assessments  
[http://afterdeployment.dcoe.mil/military\\_pathways](http://afterdeployment.dcoe.mil/military_pathways)
- <http://www.ptsd.va.gov/>
- Coping with Deployments Families Course  
<http://www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course>
- Post deployment reintegration workshops  
<http://www.redcross.org/find-help/military-families/deployment-services/register-reconnection-workshops>
- Vet Centers: staffed by vets, assistance with counseling and transition  
<http://www.vetcenter.va.gov/>
- MA only, HomeBASE program  
<http://www.homebaseprogram.org/general-information.aspx>
- Battle in Distress crisis intervention  
<http://battleindistress.org/>
- **22 Until None also has access to FREE counselors that assist veterans. For a referral please contact us via the website [www.22untilnone.org](http://www.22untilnone.org) or the facebook page 22 Until None**
- The Refuge – inpatient PTSD therapy for combat PTSD and MST. Takes insurance and also has financing. <http://www.therefuge-ahealingplace.com/ptsd-treatment/military-combat/>
- Active duty only- Vista del Mar inpatient program. PTSD trauma program and also offers dual diagnosis and chemical dependency treatment.  
<http://www.vistadelmarhospital.com/Military%20Support>
- Operation Warrior Refuge equine therapy  
<http://www.owr22.org/home/>
- Equines for Freedom  
<http://equinesforfreedom.org/>
- Outward Bound outdoor retreats for veterans  
<http://www.outwardbound.org/veteran-adventures/outward-bound-for-veterans>
- Heroes on the Water  
<http://heroesonthewater.org/>
- Operation Second Chance  
<http://www.operationsecondchance.org/retreats>
- Courage Beyond  
<https://couragebeyond.org/services-2/retreats/>
- Sparta Project 5 day retreat program  
<http://utransform.org/>
- Wounded Veteran Retreat Program  
[www.woundedveteranretreatprogram.com](http://www.woundedveteranretreatprogram.com)
- Hogs for Heroes <http://www.hogsforheroes.org/>
- Combat Wounded Veteran Challenge  
<http://combatwounded.org/>
- Warriors and Quiet Warriors  
<http://warriorsandquietwaters.org/>
- Warfighter Foundation Expeditionary Program combat vets only  
<http://www.warfighterfoundation.org/warfighter-expeditionary-operations/>
- Valhalla Project ptsd project by homesteading  
<http://www.valhalla-project.com/p/frequently-asked-questions.html>
- Operation We Are Here  
<http://www.operationwearehere.com/PTSDandTBIRetreats.html>
- Camp Hope PTSD program Houston TX  
<http://ptsdusa.org/camp-hope/>
- VA PTSD Program Locator  
[http://www.va.gov/directory/guide/ptsd\\_flash.asp](http://www.va.gov/directory/guide/ptsd_flash.asp)

## FOR SPOUSES/FAMILY OF VETERANS WITH PTSD

- [http://familyofavet.com/PTSD\\_TBI\\_marriage\\_help.html](http://familyofavet.com/PTSD_TBI_marriage_help.html)
- Coming Home Project- retreats for OIF/OEF vets and their families  
[http://www.cominghomeproject.net/chp\\_retreats](http://www.cominghomeproject.net/chp_retreats)
- <http://www.ptsd.va.gov/public/family/ptsd-and-relationships.asp>
- [http://familyofavet.com/coping\\_skills\\_PTSD\\_spouse.html](http://familyofavet.com/coping_skills_PTSD_spouse.html)
- <http://www.veterancaregiver.com/>
- <http://www.ptsd.va.gov/public/family/partners-of-vets.asp>
- Warrior Beach Retreat – 7 day retreat for veterans and their families  
<http://warriorbeachretreat.org/apply/>



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- Healthy Relationships online class from Courage Beyond: <https://couragebeyond.org/services-2/online-classes/healthy-relationships/>
- VHA's Marriage Retreats for Returning Veterans program  
<http://www.va.gov/health/NewsFeatures/20120223a.asp>
- Dept of Defense Warrior Care  
<http://warriorcare.dodlive.mil/caregiver-resources/>
- Hearts of Valor <https://www.heartsvalor.org/>
- Healing Household 6  
<http://healinghousehold6.org/>
- National Caregiver Support Line  
<http://www.caregiver.va.gov/>
- For couples <http://veterans.pairs.com/>
- Warrior Beach Retreat – 7 day retreat for veterans and their families  
<http://warriorbeachretreat.org/apply/>
- Coming Home Project- retreats for OIF/OEF vets and their families  
[http://www.cominghomeproject.net/chp\\_retreats](http://www.cominghomeproject.net/chp_retreats)

## FINANCIAL

Keep in mind each resource has their own criteria, it is imperative you check with each organization

- VFW Unmet Needs <http://www.vfw.org/nms/>
- Modest Needs- emergency financial for recently EAS veterans and civilian assistance program for vets who have been out longer  
<https://www.modestneeds.org/index.asp>
- Impact A Hero  
<http://impactplayer.org/programs/iah-emergency-financial-aid/>
- Semper Fi Fund <https://semperfund.org/how-we-help/assistance/>
- Operation First Response for wounded vets  
<http://www.operationfirstresponse.org/>
- Step So Cal for active duty and recently separated vets in SD and OC counties  
<http://www.stepsocal.org/>
- LIHEAP Program for low income families, assistance with utility bills  
<http://www.acf.hhs.gov/programs/ocs/programs/liheap>
- Military Assistance Mission AD or NG only  
[www.azmam.org](http://www.azmam.org)
- USA Cares- Programs for recently separated veterans <http://www.usacares.org/>
- Operation Family Fund- combat wounded, rated 70% or more

- <http://www.operationfamilyfund.org/how-to-apply-for-assistance/>
- List of various organizations who do financial assistance for veterans  
[http://www.familyofavet.com/financial\\_help\\_for\\_veterans.html](http://www.familyofavet.com/financial_help_for_veterans.html)
- 22 Until None also does financial assistance in the form of food cards and utility payments \$200 Or under. [www.22untilnone.org](http://www.22untilnone.org)

## WELLNESS

- Breathing exercises from veterans yoga project  
<http://www.veteransyogaproject.org/practice.html>
- Gym memberships for vets with 30% rating from combat related injury. Catch a Lift Fund  
<http://www.catchaliftfund.com/about-us/>
- Yoga for vets, search function for local areas  
<http://www.yogaforvets.org/resources>
- Resources to help stop drinking  
<https://vetchange.org/home>
- Hyperbaric Oxygen Therapy for AZ vets  
[www.hbotofaz.org](http://www.hbotofaz.org)
- NC veterans, yoga and mediation  
<http://www.warriorwellnessolutions.org/>
- Gym memberships for veterans  
<https://www.liftforthe22.com/>
- NY/Westchester County, writing workshops for veterans  
<http://www.veteranswritingworkshop.org/vwwp/ages/whowere.html>
- Foundation for Art & Healing  
<http://www.artandhealing.org/art-healing-ptsd/>
- Colorado- Art of War Project  
<http://www.artofwarproject.com/>
- Armed Services Arts Partnership  
<http://www.asapasap.org/>
- Guitars For Vets <http://guitars4vets.org/>
- American Healing Arts Foundation  
<http://www.americanhealingartsfoundation.org/>
- Chiropractic care, The Patriot Project  
<http://www.patriot-project.org/>
- Yoga for veterans, Connected Warriors  
<http://connectedwarriors.org/>

## SERVICE DOG RESOURCES



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- TADSAW San Antonio TX 210-643-2901  
[www.tadsaw.org](http://www.tadsaw.org)
  - Handi Dogs Tuscon AZ [www.handi-dogs.org](http://www.handi-dogs.org)
  - Alpha K9 Sacramento CA [www.alphak9.org](http://www.alphak9.org)
  - Canine Support Teams Temecula CA  
[www.caninesupportteams.org](http://www.caninesupportteams.org)
  - Next Step Service Dogs Carlsbad CA  
[www.nextstepservicedogs.org](http://www.nextstepservicedogs.org)
  - Operation Freedom Paws Gilroy CA  
[www.operationfreedompaws.org](http://www.operationfreedompaws.org)
  - Paws for Purple Hearts Rohnert Park CA  
[www.pawsforpurplehearts.org](http://www.pawsforpurplehearts.org)
  - Sam Simon Foundation Malibu CA  
[www.samsimonfoundation.org](http://www.samsimonfoundation.org)
  - Wounded Warrior Pack Oceanside CA  
[www.sherrisprojectwoundedwarriorproject.org](http://www.sherrisprojectwoundedwarriorproject.org)
  - Freedom Service Dogs Englewood, CO  
[www.freedomservicedogs.org](http://www.freedomservicedogs.org)
  - Educated Canines Torrington CT  
[www.ecad1.org](http://www.ecad1.org)
  - Florida Dog Guides Bradenton FL  
[www.floridadogguidesftd.org](http://www.floridadogguidesftd.org)
  - K9s for Warriors Ponte Beach FL  
[www.k9sforwarriors.org](http://www.k9sforwarriors.org)
  - Hawaii Fido Kahuku HI [www.hawaiifido.org](http://www.hawaiifido.org)
  - Coalition for the Empowerment of Patriots  
Griffith IN [www.empoweringpatriots.org](http://www.empoweringpatriots.org)
  - Puppy Jake Foundation DesMoines IA  
[www.puppyjakefoundation.org](http://www.puppyjakefoundation.org)
  - Hero Dogs Brookville MD [www.hero-dogs.org](http://www.hero-dogs.org)
  - Operation Delta Dog Chelmsford MA  
[www.operationdeltadog.org](http://www.operationdeltadog.org)
  - Super Fido Marlton NJ [www.semperfido.org](http://www.semperfido.org)
  - Paws and Stripes Rio Rancho NM  
[www.pawsandstripes.org](http://www.pawsandstripes.org)
  - 4Paws4Patriots Southern CA  
<http://4paws4patriots.com/>
  - Puppies Behind Bars NYC  
[www.puppiesbehindbars.com](http://www.puppiesbehindbars.com)
  - Battle Buddy Foundation Olde West Chester OH  
[www.tbbf.org](http://www.tbbf.org)
  - Battle Buddies USA Newport, RI  
[www.USAbattlebuddies.org](http://www.USAbattlebuddies.org)
  - Hounds Helping Heroes Heal Mansfield TX  
[www.h4hero.com](http://www.h4hero.com)
  - Service Dog Express San Antonio TX  
[www.servicedogexpress.com](http://www.servicedogexpress.com)
  - Paws for Purple Hearts Arlington VA  
[www.pawsforpurplehearts.org](http://www.pawsforpurplehearts.org)
  - Vets Moving Forward Catharpin, VA  
[www.vetsfwd.org](http://www.vetsfwd.org)
  - Northwest Battle Buddies Battle Ground WA  
[www.northwestbattlebuddies.org](http://www.northwestbattlebuddies.org)
  - Custom Canines Madison WI  
[www.customcanines.org](http://www.customcanines.org)
  - WAGS Madison WI [www.WAGS.net](http://www.WAGS.net)
  - Semper Fi Fund's Tim and Sandy Day Canine  
program <https://semperfifund.org/how-we-help/assistance/>
- ### ANXIETY/PANIC TOOLS
- <http://www.calmclinic.com/anxiety/treatment/brathing-exercises>
  - <http://www.wikihow.com/Help-Someone-Having-a-Panic-Attack>
  - <http://panicfreeme.com/213/10-tips-to-jumpstart-your-recovery-from-panic-attacks/>
  - Flashbacks  
<http://maketheconnection.net/symptoms/flashbacks>
- ### MILITARY RETIREMENT
- <http://www.military.com/benefits/military-pay/the-military-retirement-system.html>
  - <http://www.dfas.mil/retiredmilitary.html>
  - [http://myarmybenefits.us.army.mil/Home/Benefit\\_Calculators/Retirement.html](http://myarmybenefits.us.army.mil/Home/Benefit_Calculators/Retirement.html)
  - [https://www.usaa.com/inet/pages/advice\\_military\\_retirement\\_main?akredirect=true](https://www.usaa.com/inet/pages/advice_military_retirement_main?akredirect=true)
  - <http://militaryadvantage.military.com/category/retiree-benefits/>
- ### MOBILE APPS FOR BENEFITS/INFO
- <https://mobile.va.gov/>
  - PTSD Coach  
[http://www.ptsd.va.gov/public/materials/apps/P\\_TSDCoach.asp](http://www.ptsd.va.gov/public/materials/apps/P_TSDCoach.asp)



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- Mindfulness Coach  
[http://www.ptsd.va.gov/public/materials/apps/mobileapp\\_mindfulness\\_coach.asp](http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp)
- <http://militarylounge.com/#apps>
- Claims Coach  
[http://www.legion.org/claimscoach#\\_blank](http://www.legion.org/claimscoach#_blank)

## RELOCATION ASSISTANCE

- Military OneSource  
[http://www.militaryonesource.mil/moving?content\\_id=266923](http://www.militaryonesource.mil/moving?content_id=266923)
- American Legion Members discounts on moving & relocation  
<http://www.legion.org/benefits/moving>

## FEMALE VETERANS

- Grace After Fire <http://www.graceafterfire.org/>
- Boots to Heels- Dallas, TX Boots to Heels – Dallas TX, female veterans  
<http://www.attitudesandattire.org/what-we-do/our-aa-program/boutique.html>
- Free counseling for MST survivors  
<http://www.va.gov/directory/guide/vetcenter.asp>
- Center Point Retreats  
<http://www.centerpointretreats.org/>
- Kieve Wavus Veterans Camp (check schedule for womens retreat)  
<http://www.kieve.org/veterans/>
- Operation Second Chance  
<http://www.operationsecondchance.org/retreats>
- Job resources for female vets from US Dept of Labor <https://www.dol.gov/vets/womenveterans/>
- Maternity and Womens Care through the VA  
<http://www.womenshealth.va.gov/WOMENSHEALTH/OutreachMaterials/GeneralHealthandWellness/maternity.asp>
- Financial assistance and leadership programs for female vets <http://www.f7group.com/>
- Fatigues to Fabulous, assistance transitioning to civilian life <http://www.fatiguestofabulous.com/>
- Emergency housing assistance for female vets  
<http://www.militarywomeninneed.org/>
- Emergency financial assistance and work attire for female vets  
<http://www.onesavvyveteran.org/#!repairs/cuy0>

- Operation Reinvent, helping female vets transition into the civilian workforce  
<http://operationreinvent.org/>
- She S.E.R.V.E.D.- rucksacks of care items for at risk female vets, retreats, work attire assistance  
<http://www.she-served.org/programs>
- For MST cases, even after ETS/EAS  
<http://www.protectourdefenders.com/>

## MISC RESOURCES

- Let's Roll Foundation, affordable auto care for veterans in Arizona.  
<http://www.letsrollfoundation.com/>