



22 UNTIL NONE

VETERAN RESOURCES GUIDE JAN 16, 2017

PO BOX 680186. HOUSTON, TX 77268. Tel: 281-944-5934



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/>
- Tactical Talent – recruiting firm for veterans
<https://www.tacticaltalent.org/>
- VetWorks Inc – transition assistance for Wisconsin veterans <http://www.vetworksinc.org/>
- Bradley Morris Inc – staffing agency for veterans <https://www.bradley-morris.com/>
-

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.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>
- Hire Heroes
<https://www.hireheroesusa.org/resume-tools/>

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.militaryjusticeattorneys.com/>
- <http://www.justiceforvets.org/veterans-treatment-court-locations>
- 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>



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- 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
- 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 appointed state and county Veteran Service Officer www.nacvso.org
- http://www.benefits.va.gov/BENEFITS/Applyin_g.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.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_fls_h.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_fls_h.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
- HUD portal for homelessness assistance 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
- 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
- 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>



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- 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/>

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://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 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-healingplace.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
- 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
- Warrior's Heart – addiction treatment for veterans, San Antonio TX
<http://www.warriorsheart.com/>
- California Palms addiction treatment center, approved for VA Choice program
<http://www.caliparc.com/>



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- Motorcycle Missions- therapy building motorcycles <http://www.motorcycle-missions.org/>
- Project New Hope, MA. – retreats for vets with PTSD, TBI, MST survivors, etc <https://www.projectnewhopema.org/>
- Heroes Sports <http://www.heroessports.org/>

FOR SPOUSES/FAMILY OF VETERANS WITH PTSD

- 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.ptsd.va.gov/public/family/ptsd-and-relationships.asp>
- 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/>
- 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.heartsofvalor.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

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
- 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
- 22 Until None also does financial assistance in the form of food cards and utility payments \$200 Or under. www.22untilnone.org
- Warrior 360 <http://www.warrior360.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



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- NC veterans, yoga and mediation
<http://www.warriorwellnesssolutions.org/>
- Gym memberships for veterans
<https://www.liftforthe22.com/>
- NY/Westchester County, writing workshops for veterans
<http://www.veteranswritingworkshop.org/vwwp/ages/whoweare.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/>
- Patriot Project, free chiropractic care for veterans <http://www.patriot-project.org/>
- YogaFit for Warriors – PTSD: may be cost involved <https://www.yogafit.com/teacher-training/YogaFit-for-Warriors-PTSD/>
- Freedom Service Dogs Englewood, CO
www.freedomservicedogs.org
- Educated Canines Torrington CT
www.ecad1.org
- Florida Dog Guides Bradenton FL
www.floridadogguidesftd.org
- K9s for Warriors Ponte Beach FL
www.k9sforwarriors.org
- Hawaii Fido Kahuku HI www.hawaiifido.org
- Coalition for the Empowerment of Patriots Griffith IN www.empoweringpatriots.org
- Puppy Jake Foundation Des Moines IA
www.puppyjakefoundation.org
- Hero Dogs Brookville MD www.hero-dogs.org
- Operation Delta Dog Chelmsford MA
www.operationdeltadog.org
- Super Fido Marlton NJ www.semperfido.org
- Paws and Stripes Rio Rancho NM
www.pawsandstripes.org
- 4Paws4Patriots Southern CA
<http://4paws4patriots.com/>
- Puppies Behind Bars NYC
www.puppiesbehindbars.com
- Battle Buddy Foundation Olde West Chester OH
www.tbtf.org
- Battle Buddies USA Newport, RI
www.USAbattlebuddies.org
- Hounds Helping Heroes Heal Mansfield TX
www.h4hero.com
- Service Dog Express San Antonio TX
www.servicedogexpress.com
- Paws for Purple Hearts Arlington VA
www.pawsforpurplehearts.org
- Vets Moving Forward Catharpin, VA
www.vetsfwd.org
- Northwest Battle Buddies Battle Ground WA
www.northwestbattlebuddies.org
- Custom Canines Madison WI
www.customcanines.org
- WAGS Madison WI www.WAGS.net
- Semper Fi Fund's Tim and Sandy Day Canine program <https://semperfund.org/how-we-help/assistance/>

SERVICE DOG RESOURCES

- TADSAW San Antonio TX 210-643-2901
www.tadsaw.org
- Handi Dogs Tuscon AZ www.handi-dogs.org
- Alpha K9 Sacramento CA www.alphak9.org
- Canine Support Teams Temecula CA
www.caninesupportteams.org
- Next Step Service Dogs Carlsbad CA
www.nextstepservicedogs.org
- Operation Freedom Paws Gilroy CA
www.operationfreedompaws.org
- Paws for Purple Hearts Rohnert Park CA
www.pawsforpurplehearts.org
- Sam Simon Foundation Malibu CA
www.samsimonfoundation.org
- Wounded Warrior Pack Oceanside CA
www.sherrisprojectwoundedwarriorproject.org

ANXIETY/PANIC TOOLS



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- <http://www.calmclinic.com/anxiety/treatment/breathing-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>
- 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/PTSDCoach.asp>
- Mindfulness Coach
http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp
- <http://militarylounge.com/#apps>
- Claims Coach
http://www.legion.org/claimscoach#_blank

RELOCATION ASSISTANCE

- Military OneSource
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/GeneralHealthandWelfare/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/>