

# VA Mental Health Resources

## VetConnectNYC

NYC Veterans are able to connect to services from our partner organizations through the VetConnectNYC platform. Our Care Coordinators receive all requests made through VetConnectNYC and process them within 3-5 business days. Visit [nyc.gov/vetconnectnyc](https://nyc.gov/vetconnectnyc) to learn more.



### — VA Vet Centers

VA Vet Centers provide a wide range of social and psychological services, including professional readjustment counseling for veterans, active duty service members, including National Guard and Reserve components, and their families. Services are free and available regardless of discharge status; enrollment in VA healthcare is not required.



#### Find a VA Vet Center

[tinyurl.com/vavetcenter](https://tinyurl.com/vavetcenter)



#### VA Mental Health Website

[mentalhealth.va.gov](https://mentalhealth.va.gov)



#### The VA App Store

[tinyurl.com/thevaappstore](https://tinyurl.com/thevaappstore)

### — VA Women Veterans Call Center



This free, confidential service helps women veterans navigate the VA and connects them with their local Women Veterans Program Manager.



Weekdays | 8AM - 10PM  
Saturday | 8AM - 6:30PM

(855) 829-6636

[womenshealth.va.gov/](https://womenshealth.va.gov/)

### — VA Caregiver Support Line



This toll-free support line provides information on services for those caring for veterans and connects caregivers with their local VA Caregiver Support Team.



Monday-Friday | 8AM - 8PM

(855) 260-3274

[tinyurl.com/vacaregiversupport](https://tinyurl.com/vacaregiversupport)

### — MakeTheConnection.net



MakeTheConnection.net provides resources and videos addressing challenging life events and mental health experiences. Developed by the VA, the site aims to reduce the barriers and stigma that may prevent veterans from seeking care.



[maketheconnection.net](https://maketheconnection.net)