

**VA NY-Harbor
Health Care
System**

**Learning
Resources
Center**



Welcome, Veteran! We are happy to assist with your information needs! Use this page to begin learning about important benefits and services available to you. Stop by and we'll put together a free health information packet for you that you can read anywhere you go.

Before exploring this webpage, please review our [Web Policies and Important Links](#).

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VA WEB POLICIES & IMPORTANT LINKS

PLEASE REVIEW [VA WEB POLICIES & IMPORTANT LINKS](#). WHEN YOU CLICK ON THE EXTERNAL LINKS YOU ARE LEAVING THE DEPARTMENT OF VETERANS AFFAIRS WEBSITE. VA AND ITS EMPLOYEES DO NOT ENDORSE AND ARE NOT RESPONSIBLE FOR THE CONTENT OF THE LINKED WEBSITES. THE LINKS DO NOT REPRESENT ANY EXPRESSED OR IMPLIED VA, VA EMPLOYEE, FEDERAL GOVERNMENT, OR LEARNING RESOURCES CENTER SPONSORSHIP OR ENDORSEMENT OF THE ORGANIZATION OR THE CONTENTS OF THE WEBPAGES TO WHICH THE URLS ARE LINKED. ADDITIONALLY, HEALTH INFORMATION ON THE INTERNET IS FOR EDUCATIONAL AND INFORMATIONAL

PURPOSES ONLY, AND IS DESIGNED TO SUPPORT, NOT REPLACE, THE RELATIONSHIP THAT EXISTS BETWEEN YOU AND YOUR PHYSICIAN. HEALTH INFORMATION ON THE INTERNET SHOULD NOT BE USED FOR SELF-DIAGNOSIS OR TREATMENT, OR TAKEN AS MEDICAL ADVICE. IF YOU HAVE QUESTIONS OR CONCERNS ABOUT YOUR HEALTH, PLEASE CONTACT A MEMBER OF YOUR HEALTHCARE TEAM. IF YOU EXPERIENCE A TRUE MEDICAL EMERGENCY, PLEASE DIAL 911.



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Classes and Programs, including Arts and Recreation

 [Health Education Classes](#)

 [Learning Resources Center Programs](#)

 [Clubhouse Groups](#)

 [Psychosocial Therapy Groups](#)

 [OIF/OEF/OND Welcome Home Group](#) –a focus group to educate newly enrolled OEF/OIF/OND Veterans about benefits and services available to them through the VA and in the community.

 [Leisure Resources](#)

 [Music Therapy Groups](#)

 [VA Adaptive Sports Program](#)



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- [Gallop NYC Horsemanship Leadership Program](#)
- [VA NY Harbor Healthcare System Calendar of Classes](#)
- **Featured Events – Come see our Bulletin Board and Flyer Racks at 2225N**

Learning Resources Center Collection

- [Online Learning Resources Center Catalog](#) – Search our catalog for books and DVDs.
- Our Reference Collection includes “What Every Veteran Should Know 2015: Veterans' Benefits.”



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VA Health Information Websites

- [Veterans Health Library \("VHL"\) and VHL Education Brochures and VHL Video Library](#)
- [My Healthevet](#)
- [War Related Illness and Injury Study Center](#)

VA Health Programs and Resources

- [My Healthevet](#) - Contact the Help Desk at 1-877-327-0022 or 1-800-877-8339 open 7am to 7pm Central Time.
- [Veterans Health Administration](#)
- [VA Compensation](#)



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- [VA Health Care - Apply for benefits or update your information](#)
877-222-VETS (8387)
- Network 3 Nurses HelpLine 1-800-877-6976 – a line to call if you are sick and wish to speak to a nurse, to verify an appointment, for medical advice or to get answers to questions about your medication.
- [VA Health Benefits Reference Library](#)
- [VA and You, a Partnership of Care, 2016 Calendar](#)
- [Veterans' Health At Home – Your Lifetime Guide to Symptoms, Solutions and Self-Care](#)
- [VA App Store](#)



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Frequently Accessed Health Resources

- [Centers for Disease Control and Prevention \("CDC"\)](#)
- [CDC Vaccines](#)
- [Genetics Home Reference](#)
- [U.S. National Library of Medicine –Medline Plus](#)
- [U.S. National Library of Medicine - Medline Plus Drug Info](#)
- [MedpageToday](#)
- [National Institutes of Health](#)
- [Nutrition.gov](#)
- [Pillbox](#)
- [Traveler's Health](#)



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- [USDA National Nutrient Database](#)
- [Veterans Health Library](#)

General Health Websites

- [American Diabetes Association](#)
- [American Heart Association](#)
- [Medical Library Association CAPHIS – Top 100 Health Websites List](#)
- [Child & Family WebGuide](#)
- [Epilepsy Foundation](#) and [Brochures](#) and [Seniors and Seizures Training](#)
- [The Health On the Net Foundation](#)
- [Kidshealth](#)



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- [Mayo Clinic](#)
- [MedlinePlus](#)
- [NYU Langone Military Family Clinic](#)
- [Oral Cancer Foundation](#)
- [Partners in Information Access for the Public Health Workforce](#)

Drug Information

- [HerbMed](#)
- [Herbs, Botanicals & Other Products](#)
- [Medline Plus Drug Info](#)
- [Natural Medicines](#) and [tools](#) including interaction checker
- [Physician's Desk Reference](#)



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- [Understanding Medicine Labels](#)

Government Health Websites

- [Centers for Disease Control and Prevention](#)
- [Centers for Disease Control and Prevention – Vaccines and Immunizations](#)
- [Clinical Trials](#)
- [Genetics Home Reference](#)
- [Health Finder](#)
- [Household Products Database](#)
- [LactMed](#)
- [National Cancer Institute](#)



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- [National Institutes of Health – Health Information](#)
- [National Institutes of Health – Institutes of Health](#)
- [National Institutes of Health – Toxic Chemicals](#)
- [National Women’s Health Information Center](#)

How to Evaluate Online Health Information

 [How to Evaluate Health Information on the Internet](#)

 [Dangers of Self Diagnosis and Health Products Online](#)

 **FOR A CLASS ON THIS TOPIC** (See [Learning Resources Center](#)

[Programs](#) *above for more information*). Did you know that many

health websites present myths and half-truths as if they are facts?



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- a) Learn how to judge the truthfulness of health information on the internet
- b) Learn the advantages of using the Veterans Health Library over Google
- c) Find trustworthy health information quickly and easily

 **NEED HELP FINDING INFORMATION? MEET WITH A LIBRARIAN FOR HEALTH INFORMATION ON A DIAGNOSED CONDITION.**

Step 1: Get information about your health from your health care team and the MyHealtheVet website

Step 2: Choose a health topic that you want to know more about

Step 3: Meet with a Librarian and get accurate and reliable health information from our electronic and physical collection



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Step 4: Get informed so you can have a meaningful conversation with your doctor on your next visit. Asking the right questions is important to your health.

Simply walk-in at 2225N during the Learning Resources Center's operating hours and ask for a librarian or call 212-686-7500 x7682 to schedule an appointment.

Health News Resources

- [NIH Medline Plus the Magazine](#)
- [PubMed Health Behind the Headlines](#)
- [Health News Review](#)
- [EurekAlert](#)



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Understanding Health News

- [PubMed Health – How to read health news](#)
- [Medline Plus – Understanding Medical Research](#)
- [NIH – Understanding health news](#)
- [Health News Review – Tips for understanding studies \(Note: We do not endorse any books\)](#)
- [Teens Health – Figuring out health news](#)

Patient Education Pamphlets

- [CDC - Flu](#)
- [Diabetes – Are you at risk? \(from the VA\)](#)



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- [Diabetes - How Your Eyes, Teeth, Feet, & Medicines Matter \(from the CDC\)](#) – scroll down to Patient Fact Sheets
- [Epilepsy Brochures](#)
- [FDA](#)
- [National Center for Health Promotion and Disease Prevention](#)
- [National Institute of Aging](#)
- [National Institute of Neurological Disorders & Stroke](#)
- [NIH Publications](#)
- [NY State Department of Health – HIV, STDs, and Hepatitis C](#)
- [Treatment Action Group – Hepatitis C](#)
- [Veterans Health Library Patient Education Brochures](#)
- [VHA Publications](#)



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For Caregivers

- [AARP Home & Family Caregiving](#)
- [Assisted Living Federation of America](#)
- [Caring from a Distance](#)
- [Caring Wise](#)
- [Caregiving Classes](#)
- [Caregiver Action Network](#)
- [Family Caregiver Alliance](#)
- [National Alliance for Caregiving](#)
- [Next Step in Care](#)



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- [VA Caregiver Support](#) For help, contact VA's Caregiver Support Line – 1-855-260-3274 or click on [Help Near Home](#) and enter zip code
- [VA Services for Family Caregivers of Post-9/11 Veterans](#)
- [VA Coaching into Care](#)

Senior Health and Resource Guide

- [MedlinePlus – Senior Health Topics](#)
- [MedlinePlus: Nutrition for Seniors](#)
- [National Institute on Aging: A-Z Health Topics Index](#)
- [NIH Senior Health: Health Topics By First Letter or Category](#)
- [NIH Senior Health: Exercise Stories](#)



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- [NIH Senior Health: Trainer's Toolkit](#)
- [NIH Senior Health: Videos](#)
- [NYC Department for the Aging and Resource Guide for Older New Yorkers](#)
- [NJ Senior Citizen FAQs](#) – Property Tax Freeze, PAAD, Medicare, Medicaid, Social Security, Nursing Homes

Hospice and Palliative Care

- [VISN 3 Palliative Care Program](#)
- [American Cancer Society](#)
- [CancerCare](#)
- [WeHonorVeterans.org](#)



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- [Get Palliative Care.org](#)
- [National Hospice and Palliative Care Organization](#)
- [National Hospice Foundation](#)
- [National Institutes of Health \("NIH"\)](#)
- [NIH Palliative Care Search](#)
- [The Schwartz Center](#)
- [Family Caregiver Alliance](#)

Advanced Directives

- [VA Form 10-0137](#) Advance Directive: Durable Power of Attorney for Health Care and Living Will
- [VA Form 10-0137A](#) Your Rights Regarding Advance Directives



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- [VA Form 10-0137B](#) What You Should Know About Advance Directives
- [VA Form 10-5345](#) Request for and Authorization to Release Medical Records or Health Information
- [Careinfo.org - Understanding Advanced Directives](#)
- [Nolo - Types of Health Care Directives](#)

Mental Health Resources

- [VA Mental Health Services](#)
- [Veteran Training Programs](#)
- [After Deployment](#)
- [Become a VA Peer Specialist or a VA Peer Support Apprentice](#)



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- [Community Provider Toolkit](#)
- [Family of Heroes Interactive Resiliency Training](#)
- [Go Ask Alice! - Emotional Health](#)
- [Make The Connection](#) - Shared Experiences and Support for Veterans, and locating [Resources and Support](#)
- [Military Sexual Trauma](#)
- [National Alliance on Mental Illness of New York City](#)
- [National Center for PTSD](#)
- [National Center for PTSD Apps](#)
- [National Institute of Mental Health](#)
- [Psych Central](#)
- [Stand Beside Them](#)



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- [The Soldiers Project](#)
- [Transcendental Meditation – Emotional/Trauma Recovery](#)
- [Vet Center Readjustment Counseling](#)
- [Veterans Crisis Line](#)
- [Warrior to Soulmate](#)

Alcohol or Substance Abuse Services

- [Veterans Alcohol and Drug Dependence Rehabilitation Program](#)
- [VA Substance Abuse Treatment Programs](#)
- [VA Support for Alcohol or Drug Misuse](#)
- [NYC AI Anon](#) and [Meetings](#) 212 941-0094



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- [Al Anon Family Groups](#) and [find a meeting](#) Headquarters: (757) 563-1600
- [Alcoholics Anonymous](#) and find an [A.A. near you](#) NY, NY: (212) 348-2644
- [New State Office of Alcoholism and Substance Abuse Services](#)
800-522-5353
- [Guide for Formerly Incarcerated People](#) – guide to help people find a job, education, housing, financial assistance, counseling, addictions support, legal services & more
- [Become a Veteran Mentor](#) The Manhattan Veterans Treatment Court is seeking volunteers to serve as mentors to fellow Veterans involved in the criminal justice system. The mentor initiative is



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designed to provide support to Veteran participants in their efforts to maintain sobriety, obtain VA benefits, and complete their court mandate. Contact Brandon R. Partnow at 646-386-4634 or bpartnow@nycourts.gov

Nutrition, VA's Move Program & Food Labels

Always consult with a Nutritionist who is your best guide to be healthier at every stage of life and who can answer your questions and customize a nutrition plan that is right for you based on your individual needs. Please feel welcome to schedule an appointment with a VA Nutritionist through central scheduling at 877 877 9267 or through primary care at 212-686-7500 x5700. Or simply walk in during walk-in hours at Manhattan, 9th Floor West.



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- [Eat Right.org](#)
- [Move Weight Management Program](#) Hotline is 844-718-3708
- [Move Handouts](#)
- [Nutrition.Gov](#)
- [Nutrition.Gov Recipes and Cookbooks](#)
- [USDA Nutrient Database](#)
- [Understanding Food Labels – Cholesterol & Fat](#) from the Veterans Health Library
- [Understanding Food Nutrition Labels](#) from the American Heart Association
- [How to Understand and Use the Nutrition Facts Label](#) from the Food and Drug Administration



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- [UCLA - What Food Additives Add](#)
- [What's In Our Food: Understanding Common Food Ingredients \(2014\)](#)
- [FDA - Consumer Information: Additives & Ingredients](#)
- [FDA - Overview of Food Ingredients, Additives & Colors](#)
- [FDA – Nutrition Fact Label Programs and Materials](#)
- [Nutrition.Gov – What's in Food](#)
- [Nutrition.Gov – Food Additives](#)
- [Nutrition.Gov – Shopping, Cooking and Meal Planning](#)
- [Nutrition.Gov – Dietary Supplements](#)
- [Eat Right.org - Processed foods, what's ok, what to avoid](#)



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- **[Mayo Clinic - Organically Grown Foods: Are they safer? More nutritious?](#)**
- **[The University of Wisconsin at Madison – Organic Food Standards and Labels: The Facts](#)**
- **[EWG's 2016 Shopper's Guide to Pesticides in Produce](#)**
- **[EWG's Fruits and Vegetables Dirty Dozen and Clean Fifteen](#)**
- **[Apple Harvest App – Guide To Select and Store Produce](#)**
- **[USDA Nutrition Apps and Games](#)**
- **[Healthline Diabetes Apps](#)**



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My HealtheVet Account and Medical Records Request

- [Procedure & Form 10-5345a](#) to Request VA Release of Medical Records.
- View the VA's [quick guide](#) to sign up for a [MyHealtheVet Account](#). In addition, please drop off a signed [Form 10-5345a](#) to [authenticate and upgrade your account](#) and gain the ability to view your Medical Information or [refill your prescriptions](#). Please feel free to contact the Help Desk for assistance at 1-877-327-0022 or 1-800-877-8339 (open 7am to 7pm Central Time).
- [How to use your MyHealtheVet Account](#)



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Veteran ID Card

- For a Veteran ID Card: If you are retired, on reserve, or active from the military, you may obtain an identification card from the [Department of Defense \(DD FORM 2\)](#). If you are not a military retiree, you may choose to enroll in the Department of Veterans Affairs (VA) health care system and you will receive a [Veteran Health Identification Card \(VHIC\)](#).
- You can access and print a free Veterans identification card through the joint VA/DoD web portal, [eBenefits](#) (must register for an account). This paper identification card serves as proof of



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honorable service in the Uniformed Services, as defined in laws about the Department of Defense (DoD).

- For a State Veteran ID card or Veteran designation on your driver's license/state ID, contact your [State Department of Motor Vehicles](#) or [State Veterans Agency](#) to find out your state's requirements.

VA Benefits, Forms and Locations

- [eBenefits](#) 877-222-8387
- [Eligibility for Veteran Health Benefits](#) 800-929-8387
- [Explore Benefits](#)
- [VA Benefits Booklet](#)
- [Veterans Benefits Administration \("VBA"\)](#)



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- [VA Benefits and the Affordable Health Care Act and FAQ](#)
- [VA Single Stop](#) – Come get free assistance. Ask about single stop at the VA Hospital. Access a network of community-based organizations that specialize in support services for Veterans and their families. ♦Housing Information ♦ Employment Services ♦ Legal Assistance ♦ Financial Counseling ♦Tax Preparation ♦ Snap Benefits ♦ Food Pantries ♦ Family Healthcare Benefits. ♦Public Benefits Eligibility Screening & Application Assistance Brooklyn VA: 718-836-6600 ext. 3169 or 4418 Room 310; Manhattan VA: 212-686-7500 ext. 5111, 5112, or 5113 Room 15061S; Bronx VA: 917-771-8750 Room 3B-28
- [Board of Veterans Appeals](#)



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- [VA 101 Guide](#)
- [VBA Fact Sheets](#)
- [VA Compensation and Pension](#)
- [VA Health Benefits - Apply](#)
- [VA Life Insurance 800-669-8477](#)
- [VA Patient Care Services – Listing of Health Programs and Services](#)
- [Robin Hood Veterans Resource List](#)
- [TRICARE health care program](#) for active duty and retired members of the uniformed services, their families, and survivors 877-874-2273
- [Vet Center Locator](#)



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- [VA Facility Locator](#)
- [Locate a VA Cemetery](#) Counselor for burial benefits 800-827-1000
- [VA Debt Management Center](#)
- [VA Forms](#)

State Benefits

- [New York's Division of Military and Naval Affairs](#)
- [New York State Division of Veterans' Affairs](#) 888-838-7697
- [New Jersey Veterans' Affairs](#) 888-8NJ-VETS
- [State Veteran Affairs Office Locations](#) Welby Alcantara, State
Veteran Counselor is at the Manhattan VA Hospital Room 2202N



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**Mondays and Tuesdays 8:30am – 3:30pm Call for appointment
212-686-7500 x7086 or x7083**

Financial Coaching and Tax Information for Veterans

- **Financial Coaching for Veterans (Free of Charge) located inside the NYS Dept. of Labor, Division of Emp. and Workforce Solutions at 250 Schermerhorn St., Rm 207, Brooklyn, NY 11201. [Call the Brooklyn Veteran Representative at \(718\) 613-3704 to inquire.](#)**
- **[NYC Consumer Affairs Financial Empowerment:](#) DCA's Office of Financial Empowerment (OFE) assists New Yorkers with low incomes by offering [programs](#) and services to increase access to high-quality, low-cost financial education and counseling,**



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affordable banking, and access to income-boosting tax credits and savings.

- [Veterans and their families may be eligible to file taxes absolutely free](#)
- [IRS - Tax Information for Members of the Military](#)
- [Taxhelp.org - Tax Information for Military Members and Veterans](#)
- Claim for New York City School Tax Credit - print [NYC 210-I pdf](#) or [file online](#)
- [Tax Credits for Higher Education](#)
- [NYC Department of Finance Veteran's Property Tax Exemption](#)
- [NJ Senior Citizen FAQs](#) – Property Tax Freeze, PAAD, medicare, Medicaid, social security, nursing homes



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- [NY State Property Tax Exemptions For Veterans](#)
- [Special Employer Incentives for Hiring Veterans and Work Opportunity Credit](#). Also see [IRS FAQs and Answers](#).
- [IRS - Information for Veterans with Disabilities](#)
- [IRS - Special Tax Considerations For Veterans](#)
- [IRS - Economic Stimulus Payments: Information for Recipients of Veterans' Benefits](#)
- [IRS - FAQs Regarding Filing Amended Returns for Disabled Veterans](#)
- [IRS - Veterans Organizations](#)
- [IRS Topic 352 - Which Form – 1040, 1040A, or 1040EZ? and Filing Your Taxes](#)



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Post 911 Veterans

- [OEF/OIF/OND](#)
- [Airborne Hazards and Open Burn Pit Registry Mobile App](#) and [Fact Sheet](#)
- [NYU Military Family Clinic](#)
- [Soldiers Project](#)
- [Financial Coaching for Transitioning Service Members and Post 9/11 \(Free\)](#)
- [VA Campus Toolkit](#)
- [VA Caregiver Support](#) and [Fact Sheet](#) - Local NY Harbor contact person is Falguni Bhatt x 4744



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- [Vet Center Locations](#) – offer readjustment services, counseling for military traumas, employment and family problems, and referral services for VA benefits and medical assistance and liasons with community agencies. Individual and group counseling is available for Veterans and significant others.

Important Phone Numbers

- [Hotlines](#)
- [Toll Free Numbers For Contacting VA](#)
- Network 3 Nurses HelpLine 1-800-877-6976 – a line to call if you are sick and wish to speak to a nurse, to verify an appointment,



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for medical advice or to get answers to questions about your medication.

- [VA NY Harbor Healthcare System Phone Directory](#)

Veterans Service Organizations

- [National Service Directory](#)
- [How to Pick a Veteran Service Organization](#)
- [Pathfinder.vet](#) collects and manages peer reviews and shared experiences of Veteran organizations
- [Disabled American Veterans](#)
- [IAVA](#)



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- [NYServes](#) - Call Mike or Jason at 844 347 9244 to start the process.
- [Paralyzed Veterans of America](#)
- [Veterans of Foreign Wars](#)

Rehabilitation and Services (i.e. low vision services, prosthetic services and vocational rehabilitation)

- [Andrew Heiskell Braille and Talking Book Library](#) (212) 206-5400
- [Blind Rehabilitation Service](#) Contacts for Low Vision / Blind Rehabilitation Services are Deborah Kraut, CVRT/COMS (212) 686-7500, x4885 and John F. Collins, LCSW 718-836-6600 x 6846)



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- [Baruch College Computer Center For Visually Impaired People](#)
646-312-1420
- [National Library Service for the Blind and Physically Handicapped \(NLS\)](#) (202) 707-5100
- [Polytrauma/TBI System of Care](#)
- [Rehabilitation and Prosthetics Services](#) Contact is Richard L. Diaz
212-686-7500 ext. 3245
- For a CUSTOM OR MOTORIZED WHEELCHAIR, schedule an appointment with your primary physician. Ask your primary care doctor to refer you for a consult with the Physical Medical and Rehabilitation Service ("PM&R") to be evaluated for a custom or motorized wheelchair. PM&R will determine your eligibility and



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guide you through the next steps. To schedule an appointment with your primary care doctor dial 212-686-7500 ext. 524777. To reach PM&R, dial extension 7740.

- [ADA requirements - Wheelchairs, Mobility Aids, and Other Power-Driven Mobility Devices](#)
- [VA Vocational Rehabilitation and Employment](#)

Military Exposures and Trauma

- [VA Public Health – Military Exposures](#)
- [Airborne Hazards and Open Burn Pit Registry Mobile App](#) and [Fact Sheet](#)
- [Agent Orange Alphabetized Ship List](#)



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- [Camp Lejeune](#)
- [Traumatic Brain Injury \("TBI"\)](#)
- [Military Sexual Trauma](#)
- [PTSD](#)

Women's Health

- [Womens Health](#)
- [Caring for Womens Veteran App](#)
- [Center for Women Veterans](#)
- [Child & Family WebGuide](#)
- [KidsHealth](#)
- [For Nursing Moms: Breastfeeding at Work](#)



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- [LactMed](#)
- [National Women's Health Information Center](#)
- [Preconception Care App / VA Mobile](#)
- [TRICARE Maternity Care](#) **TRICARE Maternity Care Options**
provides expectant mothers who are TRICARE beneficiaries with information regarding the options available for receiving health care services before, during and after childbirth. The scope of these services and their associated costs are related to beneficiary status, proximity to military treatment facility (MTF) services, and choice of TRICARE program and provider.
- [Veteran Parenting Toolkit](#)

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- 📅 **Women's Veterans Only Clubhouse Group** meets weekly at Manhattan campus, Room 2694 for lunch and snacks. Contact Anthony Stamatouras for additional information at 212-686-7500 x7697
- 📅 **Women's Relaxation Group** (See [Health Education Classes](#) *above for more information*)
- 📅 **Women's Yoga Class** (See [Health Education Classes](#) *above for more information*)
- For Women: [Grace Outreach](#) can help you prepare for college entrance exams, apply for financial aid and scholarships, enroll in college, and give you tutoring and mentoring support while you



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are in college. 718-328-0580 x28,
dmcleod@graceoutreachbronx.org

VA Choice Program

- [What is the Choice Act?](#)
- [Veterans Access, Choice, and Accountability Act of 2014 – Secretary Message](#)
- [Ten Things to Know About the VA Choice Program and Fact Sheet](#)
- [VA Makes Changes to Veterans Choice Program](#)
- [Providers – Health Net Website Provider Link](#)
- [Providers - TriWest Website Provider Link](#)



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Intimate Partner Violence

- **National Domestic Violence Hotline at 800-799-SAFE.**
- **Call 1-800-621-HOPE for the New York City Domestic Violence Hotline, or call 311 and ask for the Domestic Violence Hotline. You can also access information regarding domestic violence services by visiting www.nyc.gov/311. 311 is New York City's main source of government information and non-emergency services.**
- **If you are in immediate danger, call 911.**
- **The Hearing Impaired 24-Hour Hotline is TDD: 1-800-810-7444.**
- **[Intimate Partner Violence \(IPV\)](#)**



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- [Women Veterans Health Care IPV Let VA Help](#)
- [Child Welfare Information Gateway](#)
- [Domestic Shelters](#)
- [Domestic Violence Legal Empowerment and Appeals Project](#)
- [Knowledge to Empower - Financial Resources](#)
- [NYC Family Justice Centers](#)
- [NY State Coalition of Domestic Violence](#)
- [Safe Horizon](#)

 **SAFETY ALERT:** Abusers can monitor your computer use by accessing your internet history, or by use of a program that logs your every keystroke and is almost



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impossible for the user to notice on their computer. If you are in danger, please use a safer computer that your abuser cannot access, or call the National Domestic Violence Hotline at 800-799-SAFE

LGBT Resources

- [VA LGBT Fact Sheet](#)
- LGBTQ Support Group (*See [Health Education Classes](#) above for more information*)
- [LGBT Program](#)
- [LGBTQ Law Project](#) (Call the NYlag hotline provided under Legal Resources, which is 212-659-6199)



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- [Leadership in LGBT Health Equality](#)
- [Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders](#)
- [The Center](#)
- [VA Office of Patient Care Services LGBT Programs](#)
- [VHA's Policies & Commitment to Serving Transgender, Transsexual & Intersex Veterans](#)
- [VA Office of Diversity & Inclusion LGBT Program](#)
- [VHA Policy on Equal Employment Opportunity, Diversity & Inclusion](#)



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VA Social Work

- [VA Social Work](#)
- [Fisher Housing Program](#) - [homes are located](#) at major military and VA medical centers where military and veterans' families can stay at no cost while a loved one is receiving treatment
- [Social Work Resource Links](#)

Housing Resources

- [Compensated Work Therapy Program](#) and [Fact Sheet](#). Contact Information: James R. Morris, MBA, LCSW, NY Campus, 423 E 23 St, Rm 2676, NY, NY 10010, 212-6867500 x7247
- [HUD Veteran Resource Center \(HUDVET\)](#) 800-998-9999



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- [NY Harbor For Homeless Veterans](#)
- NY Harbor HUD-VASH Homeless Triage *212-686-7500 x7837*
- Homeless Veterans Reintegration Program *(718-852-6004 x255 or x269)*
- [Jericho Project](#)
- [National Coalition of Homeless Veterans](#) 800-838-4357
- [NYC Housing Connect](#)
- [New York City Housing Preservation and Development](#)
- [Supportive Services for Veteran Families](#) – free service for Veterans who are homeless or at risk of becoming homeless. Call 855-HLP-SSVF or email ssvfny@helpusa.org. The NY Outreach Specialist: Maureen Medina 646-895-0850 medina@helpusa.org



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- [VA Contract Community Nursing Homes and Geriatrics and Extended Care Services and Patient Care Programs](#)
- [VA Homeless Veterans Program](#) 877-424-3838 Every VA Medical Center and VA Regional Office has a Homeless Veterans Services Coordinator who is responsible for helping homeless or at risk veterans. Regional Telephone Number: 800-827-1000
- [VA Home Loan Guaranty Service](#) 888-244-6711
- [Veterans Haven Transitional Housing \(New Jersey\)](#) Telephone: 609-561-0269
- [Health Care for Homeless Veterans \(HCHV\) Programs by State](#)
- [VISN2 Health Care for Homeless Veterans \(HCHV\) Programs](#) 585-393-7422



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- **VISN3 Health Care for Homeless Veterans (HCHV) Programs 888-725-3000**
- **[Soldiers', Sailors', Marines', Coast Guard and Airmen's Club](#) (Hotel rooms available - unlike other hotels, [rents](#) individual beds instead of rooms to minimize rates. The Club has twenty-one rooms with 2 beds to accommodate couples, six rooms with 3 beds, one room with 4 beds, and one room with 6 beds to accommodate families or groups.)**

Utilities and Eviction Assistance

- **Inquire also with Manhattan 15 South One Stop**
- **[NYC One Shot Deal](#) - 718-557-1399 or 212-331-3150**



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- [USA Cares](#) 800-773-0387
- [Heap Program](#) 800-342-3009
- [American Legion](#) 800-433-3318 (See also [Homeless Veterans Handbook](#))
- [Army Emergency Fund](#) 866-878-6378 (scroll down to view types of assistance)
- [Coalition To Salute American Heroes](#) 914-432-5400

Food Banks

- [Food Bank for NYC](#)
- [About Feeding America](#)
- Feeding America – [Find a Food Bank](#)



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- [Feeding America – Public Assistance Programs](#)
- [Feeding America – NY State SNAP Program](#)
- [Feeding America – Federal Food Assistance Programs](#)
- [Finding Brooklyn Food Pantries](#)
- [Finding Manhattan Food Pantries](#)
- [Finding Queens Food Pantries](#)
- [National WhyHunger Hotline 1-866-3-HUNGRY](#)
- [Nutrition.gov – Food and Assistance Programs](#)
- [NY Hunger Hotlines NYC: 1-866-888-8777 / Upstate: 1-866-526-2978](#)
- [West Side Campaign Against Hunger – Chef Training Program](#)



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Clothing

- [Don't Walk By](#)
- [Help USA](#) 800-311-7999 or 212-400-7000
- [NY Cares](#)
- [NY State Connects](#)

Military and Federal Discounts

TIP: Before you buy something, ask if a discount is available.

- [Air National Guard – Military and Federal Employee Discounts](#)
- [Apple – Federal Government Employee Purchase Program](#)
- [E-Z Pass for Disabled Veterans](#)
- [Dell – Military & Federal Employee Discounts](#)



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- **[HP Member Deals Program](#)**
- **[Microsoft Military Store](#)**
- **[Military.com - Military and Veteran Discounts](#)**
- **For *Travel Discounts*, visit the airline website or call their customer service department to inquire. The airlines may also waive the checked bag fees for military members, especially when they are traveling on orders.**
- **[MTA Reduced Fare – Senior and Disabled Discounts](#)**
- **[Warrencountyny.gov – Military Discounts](#)**



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File Formats, Creative Tools & More

- [PDF vs. Word \(.doc\) file types - when to use each?](#)
- [Save a Microsoft Word Document as a PDF file](#) (this modification is not reversible and pdf files cannot be edited, so "save as" with a new file name so you don't lose the original word document)
- [5 Types of Image File Formats](#)
- [Resize your Image Files](#) (Do not Download Free. Instead use the Optimize Now option)
- How to Zoom with Internet Explorer and Google Chrome
 - Press "Ctrl + +" to zoom in
 - Press "Ctrl + -" to zoom out



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- Press "Ctrl + 0" to restore to original scale level
- [Google Translate Tool](#)
- [Pixler – Edit Your Photo](#)
- [Aviary – Edit Your Photo](#)
- [Create Word Art](#)
- [Create a Comic - MakeBeliefsComix](#)
- [Create a Comic - Pixton](#)

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Computer Classes

 [VA NY Harbor Computer Question & Answer Session](#) (See [Learning Resources Center Programs](#) *above for more information*)

 [Learning Express Library Coming Soon to the VA NY Harbor Learning Resources Center](#) Call 212-686-7500 x7682 to inquire

- [Attain Computer Labs](#)
- [Attain Lab Locations](#) in Manhattan, Bronx, Brooklyn, Queens, Long Island and Upstate NY
- [Brooklyn Public Library](#) (Click on *Our Online Calendar* and type computer at the keyword search to view a list of computer classes)



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- [Lynda.com](#) - all US veterans and active-duty members of the US Armed Forces are entitled to one year of unlimited access to 5,000 online-training courses
- [Keyboard shortcuts for browsers](#)
- [Keyboard shortcuts for computers](#)
- [GCF LearnFree.org](#) – Learn technology topics, such as [Microsoft Office 2016](#), mobile apps, and more (View screenshots with step by step instructions)
- [Microsoft Office Training Center](#)
- [New York Public Library In Person Classes](#) (Enter the keyword computer)



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- [New York Public Libraries TechConnect Classes](#) and [flyer with class listing](#) (80 different technology classes offered)
- [No Man is an Island Computer Class](#) (*See [Health Education Classes](#) above for more information*)
- [NYC Parks – Computer Resource Centers Classes](#)
- [LaGuardia’s Computer and College Preparation Classes](#) 718-482-5386
- [Learn How To Use Social Media And Popular Websites](#)
- [Selected Schools and Organizations Offering Computer Training](#)
- [Queens Public Library](#)



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Explore Careers

- [VA Careers](#)
- [Occupational Outlook Handbook](#)
- [O*Net](#)
- [CareerOneStop.org](#)
- [Salary.com](#)
- [CNN Money Cost of Living Calculator](#)
- [VA Vocational Rehabilitation and Employment](#)



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Free Test Preparation (i.e. Pre-HSE, TASC, PSAT, SAT, GED)

- **[Free Civil Service Exam Prep - Borough of Manhattan Community College](#) For additional Civil Service Exam Prep, please click on one of the Educational Opportunity Centers listed under No. 36. Career Courses and Training.**
- **[Learning at the New York Public Libraries](#) (Test preparation materials and interactive practice exams that will help people improve their scores on academic, civil service, military, and professional licensing and certification exams, including the PSAT, SAT, GED replacement, TASC, test, and other exams)**



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- [Learning at the Brooklyn Public Library](#) (for Pre-HSE high school equivalency classes) and [Learning Database](#) (scroll down to L to access their learning express database for GED, HiSET, TASC, GRE, SAT, elementary school and middle school standardized tests, civil service, technical, and other professional exams preparation)
- [New York State Higher Education Corporation - TASC is free to New Yorkers](#)
- [New York State Education Department – TASC preparation programs](#)



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Education and Training

- [VA Education and Training Home Page](#) – Click on *For Students* and then *Educational Programs* from the left vertical menu
- [VA Education Benefits under the Montgomery GI Bill](#) 888-442-4551
- [VA Education and Training Comparison Tool/Payment Rates](#)
- [VA Benefits - On-the-Job or Apprenticeship Training](#)
- [The Cambridge Institute, NY, NY](#) - Career Consultation, Internship & Job Placement, Certifications and courses Available. Licensed by NYS DOE, Veterans and their Dependents are eligible to receive professional training through:
GI Bill / [Post 9/11 Benefits](#)



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ACCESS-VR (Formerly VESID)

NJ & NYS Department of Labor

Workforce1 Training Grants

- [CUNY Office of Veteran Affairs](#)

Telephone: 888-442-4551

- [NYS Division of Veterans' Affairs Bureau of Veterans Education:](#)

Reviews and approves educational programs for veterans wanting to use their GI Bill benefits. Call to find out which schools are approved and how to get program approval to use GI Bill benefits.

Albany: 518-474-7606

NYC: 212-564-8414

- [NJ Department of Military and Veterans Affairs](#) **609-530-6849**



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Provides information on programs approved for use with GI benefits and also other tuition credits available to veterans

- **[NJ Army National Guard Education Program](#)**
- **[NJ Air National Guard Education Program](#)**
- **[Higher Education Services Corporation \(HESC\) 888-697-4372](#)**
- **[FinAid Military Student Aid](#)**
- **[Student Debt Hotline For Veterans 917-661-4500 10:00am – 4:00pm weekdays](#)**
- **[Tuition Help For Military Children](#)**
- **[NYC Department of Education – The Office of Adult and Continuing Education Classes](#)**
- **[NY State Division of Veterans' Affairs 888 VETS-NYS](#)**



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- [Brooklyn Education Opportunity Center](#) *Tuition free* academic and career training to over 1600 eligible New York residents annually. Free tutoring, internship and job placement services are provided to students and alumni.
- [Bronx Education Opportunity Center](#)
- [Hostos Community College IT Training Program](#) (No Tuition)
- [Manhattan Education Opportunity Center](#)
- [Veterans Integration To Academic Leadership \(VITAL\)](#) - help facilitate the transition from Soldier to student. Contact person is Yvette Branson, PhD, VITAL Initiative Coordinator VA NY Harbor at Yvette.branson@va.gov or 646 772 6087.



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Seeking Employment

- **For Community Employment Opportunities, contact Deahna Penn, U.S. Department of Veterans Affairs, New York Harbor Healthcare System Vocational Specialist, Community Employment Coordinator at (347) 881-6416 or deahna.penn@va.gov. Don't forget to ask her for handouts, such as: Handout 1. The NYHHS Veterans Employment Toolkit, which lists community organizations, online job resources, job preparation & military/civilian transitional resources, etc., Handout 2. Veteran Friendly Companies and Resources, and Handout 3. Resources For Veterans, which lists websites with government jobs, home based jobs, law enforcement**



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jobs, virtual job fairs, troops to, truck driving jobs, overseas and contractor jobs, and more. Also ask her about her Navigating USAJobs Class at Manhattan VA.

- [USA Jobs](#)
-  [Navigating USAJobs Class at Manhattan VA](#) (See [Health Education Classes](#) above for more information)
- [NY Public Library Career Programs](#) - scroll down their webpage to view
- [America Works](#)
- [American Corporate Partners](#) - mentoring, career guidance
- [Black Veterans For Social Justice](#) - assists Veterans with employment and vocational training. Provides a MetroCard for



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interviews and appointments. Cheryl Fecunda, Employment Specialist, tel. 718-852-6004 x412, email: chfecunda@bvsj.org

- [13th Annual Military Friendly Employers 2016](#)
- [Brooklyn Public Library Resume and Career One-on-One Help](#)
- [Brooklyn Navy Yard – Employment Center at Bldg 92 – Veteran Mondays, Helping Veterans Find Employment 718 -907 5996 or \[ecenter@brooklynnavyyard.com\]\(mailto:ecenter@brooklynnavyyard.com\) \(Bring driver’s license, DD214, resume\)](#)
- [DAV and Veteran Recruiting](#)
- [Easter Seals Senior Community Service Employment Program Main Office: 718-993-3564](#)



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- [Guide for Formerly Incarcerated People](#) – guide to help people find a job, education, housing, financial assistance, counseling, addictions support, legal services & more
- [Helmets to Hardhats](#) - the Veterans in Construction Electrical” (VICE) program is a 14-week intensive training program
- [Hiring Through Social Media is on the Rise](#)
- [Hiring Our Heroes](#) and [Find A Hiring Event](#)
- [Local 79 Construction and General Building Laborers Apprenticeship](#) 212-465-7900
- [LinkedIn for Veteran and Service Members and Veterans \(1 yr. free\)](#)
- [LinkedIn Veteran Mentor Network](#)



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- **[NJ Department of Labor](#)**
- **[New York City Employment Resources Center](#)**
- **[New York City Exam Schedule](#) For Civil Service Exam Prep, please click on one of the Educational Opportunity Centers listed under No. 36. Career Courses and Training**
- **[New York Public Library CEIS Mini-College and Career Fair Series 2016](#) 718-579-4260 or ceisdepartment@gmail.com**
- **[New York State Division of Veterans' Affairs](#) 888 VETS-NYS**
- **[New York State Department of Labor](#) 800-342-3358 - career assessment, job referrals, resume preparation, job-search planning, 55-c Civil Service positions, [employment projections](#) & more**



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- [New York State Department of Labor – job search](#)
- [Recruit Military](#)
- [Troops to Teachers 800-231-6242](#)
- [Uniformed Services Employment and Reemployment Rights Act \(USERRA\)](#)
- [US Department of Labor Veterans' Employment and Training Service \(VETS\)](#)
- [!\[\]\(814a73969c3b06582bb228fcc0f84f38_img.jpg\) VA Jobs – Build Your Career \(Get access to VA for Vets, VA Careers, FedshireVets, MyCareer@VA, VA Internships, Digital Service at VA\)](#)
- [VA Jobs & Employment Toolkit](#)
- [Veterans Preference - Federal Hiring Process](#)
- [Veterans Temporary Hiring Program](#)



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- [Workforce Opportunity Services](#) - work-study program that helps integrate Veterans into the corporate workforce and provides a pathway to build meaningful, prosperous careers.
- [VA Jobs and Careers Inside The VA](#)
- [Workforce1](#) - will help Veterans and their spouses explore career paths, develop resumes, prepare for interviews, and identify education opportunities, training initiatives, and other support services



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Working with a Disability

- [The American with Disabilities Act](#)
- [Deciding Whether to Disclose Your Disability – Possible Positive and Negative Consequences](#)
- [Advantages and Disadvantages of Disclosing Your Disability To An Employer](#)
- [VA Vocational Rehabilitation and Employment](#)
- [The Viscardi Center](#) - prepares people with disabilities for the workforce through job training and employment
- [Working with a Disability in the Federal Government - The ABCs of Schedule A](#)



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- [Working with a Disability in the Federal Government - Sample Schedule A letters](#)
- [USA Jobs](#) – Find Federal Government Schedule A Opportunities
- [Job Accommodation Network](#) offers guidance on workplace accommodations
- [Computer/Electronics Accommodations Solutions](#)
- [National Library of Medicine - Assistive Devices](#)
- [Disabled World - Assistive Technology: Devices Products & Information](#)
- [NYC Mayor's Office For People With Disabilities](#) - The 55a Program is a non-competitive employment program for People with Disabilities



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- [National Telecommuting Institute](#) – work from home
- [Office of Federal Contract Compliance Programs \(OFCCP\)](#)
- [US Department of Justice \(“DOJ”\) Disability Rights Section](#)
- [DOJ: Returning Service Members With Disabilities](#)
- [Disability.gov](#)
- [Disability Job Exchange](#)
- [Where can I get help finding a job?](#)
- [GoodTemps](#) and [contact information](#)- provides temporary and temporary to permanent job opportunities for New Yorkers with disabilities.
- [Social Security Ticket To Work Program](#)
- [Social Security Ticket To Work Brochure](#)



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Resume Writing

- [America Works](#) and [free resume builder](#) and [smart cover letter](#)
- [Brooklyn Public Library Resume and Career One-on-One Help](#)
- [18 Critical Federal Resume Mistakes](#)
- [FDA Resume Template Sample](#)
- [Federal Resume Writing Workshop Guide from the Division of Military and Naval Affairs](#)
- [GCF Learnfree.org – Resume Writing](#)
- [Military Resume Samples](#) and [VA For Vets Resume Building Guide](#)
- [NY Public Library Resume Programs](#) - scroll down to view programs, dates, and times



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- **[Workforce1](#) - will help Veterans and their spouses explore career paths, develop resumes, prepare for interviews, and identify education opportunities, training initiatives, and other support services.**
- **For resuming writing resources, Contact Deahna Penn, New York Harbor Healthcare System Vocational Specialist, U.S. Department of Veterans Affairs, Community Employment Coordinator at (347) 881-6416 or deahna.penn@va.gov.**



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Interviewing Tips

- [NY Public Library Interview Programs](#) - scroll down to view programs, dates, and times
- [The ABCs of Interviewing](#)
- [Guide to Job Interviewing Resources and Tools](#)
- [Job Interviewing Do's and Don'ts for Job-Seekers](#)
- [Interviewing Skills from UMUC](#)
- [How to Ace the 50 Most Common Interview Questions](#)
- [Interview questions YOU should ask the employer](#)
- [Researching Potential Employers: Finding Your Best Fit](#)
- [TED Talk – Your body language shapes who you are](#)



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- [Veterans Need a Good Elevator Pitch, Too](#)

Starting a Business

- [NY State's Entrepreneurial Assistance Program \("EAP"\)](#)
- [Small Business Administration](#) call 800-827-5722 or NY 212- 264-4354 or contact [Man-Li Lin](#), SBA Veterans Counselor
- [VetBiz: Center for Veterans Enterprise](#) 866-584-2344
- [Washington Heights-Inwood Development Corporation](#) FREE Business Development Services for all Manhattan & Bronx Veterans. WHIDC will help you with your business formation and other legal issues, developing your business plan, cash flow projections, marketing strategies, licenses, certifications and more.



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Provide direct business loans up to \$50,000. Contact the WHIDC at (212) 795-1600 or whidc@aol.com

- [Workshop in Business Opportunities \(WIBO\)](#) 212-684-0854
info@wibo.org

Legal Resources

- [Code of Federal Regulations](#)
- [Title 38 Code of Federal Regulations](#)
- [United States Department of Justice's Servicemembers and Veterans Initiative](#)
- [Consumer Financial Protection Bureau](#)



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- [Guide for Formerly Incarcerated People](#) – guide to help people find a job, education, housing, financial assistance, counseling, addictions support, legal services & more
- [Legal Health – A Division of NY Legal Assistance Group](#)
- [National Veterans Legal Services Program](#)
- [The New York City Veteran’s Legal Guide](#)
- [NYC Bar Association - Veterans Assistant Project Veterans Intake](#)
Line: 212.382.4722 or 877.564.3383
- [NYC Legal Services](#)
- [NYCourts.gov](#)
- [NYLag](#) intake line 212-659-6199
- [NY LawHelp](#)



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- **South Brooklyn Legal Services, 105 Court Street, Brooklyn, NY 11201, (718) 237-5574**
- **[MFY Legal Services](#)**
- **Student Debt Hotline for Veterans 917-661-4500 10:00am – 4:00pm weekdays**
- **[Stateside Legal](#)**
- **[Urban Justice Center Veteran Advocacy Project](#) 646 602 5620**
- **[Veteran Advocacy Project](#) 646-602-5620 – represents low-income Veterans if facing eviction, landlord refuses to perform repairs etc.**



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Emotional Support Animal Information & Pet Foster Care while Inpatient

- [Dogs and PTSD](#)
- [Qualifying An Emotional Support Animal For No Pet Housing](#)
- [Sample Airline Letter](#)

We recommend you consult a lawyer if you want legal advice (see [Legal Resources](#) section above as a starting point).

- [Resource for Veterans Who Need Care for Pets While Receiving Inpatient Care](#)



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Military Records and Transcripts, Pay Charts & Deployment

- [DFAS Military Pay Charts](#)
- [National Archives – Military Records DD-214](#)
- [Request Official Joint Services Transcript](#)
- [Correcting Military Service Records](#)
- [How to get a Military Discharge Upgrade](#) and a [Nolo Guide](#)
- [Discharge Upgrades and PTSD](#)
- [Deployment Health Clinical Center – Psychological Health Policy Library](#)

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