

Veteran Crisis Line

If you or a Veteran you know is in crisis or having thoughts of suicide, call the Veterans Crisis Line at **1-800-273-8255 and press 1**, or chat [online](#), or text **838255**, or webpage: <https://www.veteranscrisisline.net/>

Visit the Updated Veterans Crisis Line Website

Every second counts for a Veteran in crisis. The improved site ensures the most critical information is visible immediately – now available in Spanish. [Visit the New Site →](#) (VA 2/10/22)

Veterans in Need of Assistance due to Events in Ukraine

When armed conflict arises, Veterans can experience a range of emotions. VA can help Veterans manage their responses to events in Ukraine. See the post [Coping when current events bring up past trauma](#) . (VA 3/9/22)

Post-9/11 Veterans are Dying at Higher Rates than Average Americans

Post-9/11 veterans are dying at higher rates than Americans overall, particularly through accidents, suicide and homicide, new research has found. The numbers are even higher for veterans who have suffered a traumatic brain injury.

According to [Military.com](#), veterans who have served since Sept. 11, 2001, are dying via suicide at twice the rate of Americans overall, with homicide claiming retired service members at one-and-a-half times the rate of the general population.

They also had slightly higher rates of accidental deaths, [according to a study published recently in JAMA Network Open](#).

The death rates were significantly higher for those with a history of traumatic brain injury: Veterans who experienced a mild traumatic brain injury died at nearly twice the general rate for accidents from 2002 to 2018 and three times the rate by suicide, while those with moderate to severe brain injuries were five times as likely to die by suicide and faced a threefold risk of being murdered or dying in an accident. (MVAA 2/17/22)

Vet Centers Help with Readjustment

Where do you go when you return from combat and need help readjusting to civilian life? Most Veterans find that Vet Centers help them the most. See: [Read More](#). (VA 2/17/22)

Veteran Navigators

The Veteran Navigator Program was created under the Michigan Department of Health and Human Services to assist Veterans and military families of ALL eras and discharge types. They work to connect Veterans and their families to federal, state and local resources to ease issues regarding mental health, substance abuse, housing and other common issues that impact veterans in order to support healthier lifestyles and provide support. For program information and to find your Veteran Navigator see:

https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_93573---,00.html

(DHHS 3/15/22)

Intended Addition of Presumed Service Connected Disabilities

The VA intends to propose adding certain rare respiratory cancers to the list of presumed service-connected disabilities in relation to military environmental exposure to particulate matter. See: [VA will propose adding rare cancers to the presumed service-connected list as related to military environmental exposure](#) . (VA 3/1/22)

Late-life PTSD is Real

One in 10 older Veterans experiences late-life PTSD. *Talking Later* is a podcast about PTSD and resilience, connection and making meaning in later life. See: [Read More](#). (VA 2/17/22)

Cancer Prevention

Cancer prevention starts with healthy living, including eating healthy, maintaining a healthy weight, and reducing your overall stress. See the post [Cancer Prevention and Veterans: Lower Your Cancer Risk Today](#). (VA 2/17/22)

Crohn's Disease and Ulcerative Colitis

The VA encourages Veterans affected by inflammatory bowel diseases to access a new website that raises awareness of Crohn's disease and ulcerative colitis. See: [Veteran communities receive latest resources for Crohn's disease and ulcerative colitis.](#) (VA 3/9/22)

Yogurt and Better Health

Flavored or Greek, yogurt of all kinds might hold answers to better heart health, according to a study on nearly 200K Veterans. See the post [Yogurt is good for your heart, VA study finds](#). (VA 2/28/22)

Maintaining a Healthy Kidney

Kidney disease means kidneys are damaged and can't filter blood like they should. Many people don't have symptoms until kidney damage is very advanced. Talk to your doctor about getting tested today! See: [Read More](#) (VA 3/10/22)

Moving and Tai Chi

If your doctor says you need move more or de-stress, consider trying Tai Chi and this 7-posture series. It very well may help. See the post [Live Whole Health #111: Tai Chi and the 7-posture series](#) . (VA 2/23/22)

Video Connect Hearing Aids Adjustment

If you use hearing aids, you know they need to be adjusted as your needs change. Talk to your doctor about how VA Video Connect can help you manage your hearing device from home. See: [Learn more](#) (VA 3/14/22)

Help Veterans Find Their Next Job

Purepost offers free career transition services, including a variety of guidelines and tools to help Veterans find their next job. See the post [Free career transition services for Veterans](#) .(VA 3/9/22)

Resumes and Military Jargon

Translating military jargon can be a challenge for transitioning personnel, but these tools will help you provide clarity to civilian recruiters. See the post [Found in translation: Tips for removing military jargon from your resume](#) . (VA 2/26/22)

Michigan Veterans and CDL License

Eligible military veterans seeking a commercial driver's license (CDL) in Michigan no longer are required to take the driving skills test under a new law that adds to a growing list of employment benefits for veterans in the state. Veterans can access the [Michigan Application for Military Waiver Even Exchange](#) or call the MVAA at 1-800-MICH-VET (1-800-642-4838) for more information.

The CDL waiver is latest move to benefit veterans and their families. Among the benefits supported by the MVAA, Michigan recently [expanded its veterans' preference program](#) for state employment, [removed professional licensing barriers](#) for veterans, and [bolstered a veteran entrepreneurship program](#) housed at Grand Valley State University. Read more at [michigan.gov/MVAA](#). (MVAA 2/23/22)

Transfers Within the VA

Moving? Transfers within VA can be complicated, but we'll help you figure out how to make moving to a new facility as easy as possible. See the post [It's your move: How transfers work within VA](#). (VA 3/8/22)

2022 National Veterans Summer Sports Clinic

Registration for the 2022 National Veterans Summer Sports Clinic is open until April 1 and limited to the first 150 Veteran applicants. See the post [Registration open for 2022 National Veterans Summer Sports Clinic in San Diego](#). (VA 2/23/22)

Avoiding Phishing

Learn how to up your phishing game with these helpful tips from OIT's Office of Information Security. See the post [Hook, line, and sinker: How to up your phishing game](#) (VA 2/22/22)

Public Service Loan Forgiveness Waiver

Many individuals with outstanding federal student loans may be eligible for Public Service Loan Forgiveness (PSLF), including eligibility from time served on active duty. Due to the COVID-19 pandemic, the Department of Education is offering a limited-time waiver to allow borrowers to receive credit for past periods of repayment on loans that would otherwise not qualify for PSLF. Individuals must have been working full time for a qualifying employer. This waiver is available through October 31, 2022. [Learn more and check your eligibility](#).(VFW 3/14/22)

Earthquake Preparedness

Earthquakes and aftershocks can happen anywhere without warning and at any time of the year. All 50 states, five U.S. territories and the District of Columbia are at some risk. The info below can help you build out your earthquake preparedness kit and plans before the next one strikes. See the post [Earthquake preparedness: Drop, cover and hold on](#). (VA 3/14/22)

VA Hospital Consumer Assessment

Department of Veterans Affairs hospitals outperform community hospitals, on 10 of 11 metrics, in Medicare's latest Hospital Consumer Assessment of Healthcare Providers and Systems patient survey report. See: [Newly released survey data shows VA leads in patient experience](#). (VA 3/10/22)
ght impact road construction in the future.