

## 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 and Afghans in Need of Assistance

The Independence Line is a call center available for Veterans and Afghans in need of assistance due to the Afghanistan withdrawal. See the post [Call center available for Veterans, Afghans in need of assistance due to Afghanistan withdrawal](#) . (VA 11/23/21)

## Memorial for Global War on Terrorism Service Members

America's Global War on Terrorism service members will get a memorial on the National Mall. See the post [Global War on Terrorism Memorial authorized for National Mall](#). (VA 1/26/22)

## Virtual Class Airborne Hazards and Burn Pits What You Need To Know

Don't forget to sign up for VA's free, virtual class *Airborne Hazards and Burn Pits: What You Need to Know* on Thursday, February 24, from 1:30 p.m. – 3:00 p.m. ET. You can attend through your personal computer, smart phone, or tablet.

See the class flyer at:

<https://www.warrelatedillness.va.gov/WARRELATEDILLNESS/education/local-offerings/support/AirborneHazardsClassBrochure.pdf>. . Register at:

<https://veteransaffairs.webex.com/veteransaffair> (VA 2/9/22)

## Women's Health Care

If you're looking for women-centered health care, sign up for the VA Women's Health Reengagement Training (heaRT) so VA can support your health care needs. See the post [Connect with fellow women Veterans, learn about available Veteran and women-centered health care resources](#) . (VA 2/9/22).

## Women and VA Services

Are you one of the fewer than half of all women Veterans not using the VA benefits and services you have earned? VA wants to hear from you. See the post [Are you one of the fewer than half of all women Veterans not using VA?](#) (VA 2/6/22)

## Heart Disease

Have a conversation with your provider about your risk factors for heart disease, especially if you are coping with stress, PTSD, or trauma. See the post [Have a conversation about your risk factors for heart disease](#) . (2/1/22)

## Fiber in Your Diet

Good for heart and gut health, fiber can reduce the risk of diabetes and some cancers, and aid with weight loss. It is rich in vitamins and minerals. See the post [Fiber – A “super” food to add to your diet](#) (VA 1/30/22)

## It’s Never Too Late to Heal

Although PTSD is often linked to combat, not all trauma is combat-related. With what’s happening in the world, it’s understandable if you’re feeling upset or distressed. See: [Learn more](#) (VA 2/9/22).

## Aging and Muscle Loss

By keeping your muscles strong and able, you can stay independent and continue doing the things you love without needing much help from others. [Learn more](#). (VA 2/8/22)

## Anxiety

It is natural to feel worried or anxious from time to time about various things, like that work presentation, your growing to-do list, or a relationship. But when persistent worries start affecting your activities, relationships, sleep, or work, it may be time to do something about it. See: [Find Resources →](#). (VA2/10/22)

## Treat Your Depression With Evidence-Based Therapy

Evidence-based therapies (EBTs) have been shown to improve a variety of mental health conditions — including depression — and overall well-being. These treatments are tailored to each Veteran’s needs, priorities, values, preferences, and goals for therapy. EBTs often work quickly and effectively, sometimes within a few weeks or months. Work with your VA provider to choose the treatment options that work best for you. See: [Learn More →](#) (VA2/10/22)

## Chronic Pain Podcast

A new “Whole Health for Veterans with Chronic Pain” podcast offers fresh perspectives on chronic pain management for Veterans.

The post [Introducing the Whole Health for Veterans with Chronic Pain podcast](#) (VA 1/28/22)

## Multiple Sclerosis Podcasts

[MS & Vets](#) podcast series discusses important issues related to the health and quality of life for Veterans with multiple sclerosis. During every episode you'll hear subject matter experts weigh in on multiple sclerosis issues and talk about VA services. A new podcast is posted the 2nd Monday of each month.

**February 2022 Podcast is [Benefits of Outdoor Adventure for People with MS](#).**

Information about receiving alerts for new MS & Vets podcasts is on the [VA MS Centers of Excellence website](#). If you missed the January podcast, [Building Emotional Resilience](#), it is still available for listening, (VA 2/14/22)

## COVID Coach App

Dr. Beth Jaworski, lead creator of the app COVID Coach developed by VA, describes the many ways this app can be helpful during the pandemic.

The post [PTSD Bytes #2: Coping during COVID with COVID Coach app](#) (VA 2/6/22)

## VA Disability Update on Respiratory, Auditory and Mental Disorders

In late 2017, VA began a multi-year effort to revise and update the VASRD, or VA Schedule for Rating Disabilities. The VASRD's 15 body systems had seen periodic rating criteria updates, but this continuing effort reflects the first comprehensive review since 1945. VA announced its eighth update: respiratory, auditory, and mental disorders body systems. See the post [VA proposes updates to disability rating schedules for respiratory, auditory and mental disorders body systems](#). (VA 2/15/22)

## Home and Community Services

VA offers a wide range of home and community services for older Veterans and those with extended care needs. Visit [va.gov/Geriatrics](http://va.gov/Geriatrics) to learn about these services: (VA 2/8/22)

## Public Servant Student Loan Forgiveness

Veterans and active duty service members can get one step closer to student loan forgiveness through the Public Service Loan Forgiveness program. You will need to submit your application by Oct. 31, 2022. See the post [Veterans, active duty can take advantage of Public Service Loan Forgiveness program](#) . (VA 1/26/22)

## **VA User-friendly Online Financial Status Report Form for VBA Debts**

VA launched a user-friendly online financial status report form for Veterans Benefits Administration (VBA) debts. Quick on the heels of launching the [online debt management tool](#) in 2021, this new feature makes it easier for Veterans to manage their debt online. See: [READ MORE](#) (VA 2/2/22)

## **Amended Procedures for Reporting VA Debt**

The VA published a final rule in the Federal Register, Feb. 2, amending VA's procedures for reporting debt to consumer reporting agencies. See: [VA establishes new threshold for reporting benefit and medical debt](#) . (VA 2/2/22)

## **Foreign Medical Program for Veterans Living or Traveling Abroad**

Veterans living or traveling abroad can learn more here about the Foreign Medical Program including eligibility and enrollment and more. See the post [Veterans: Living or traveling abroad? Info on the VA Foreign Medical Program](#) . (VA 2/3/22)

## **Veterans can shop big game savings at the commissary.**

Veterans with a 0% or more rating are eligible to shop at defense commissaries. The post [Veterans shop big game savings at your local commissary](#). (VA 2/5/22)

## **Prepaid Your Home and Car for Winter**

During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before another winter storm hits. See the post [How to stay warm and safe during the winter](#) (VA 1/24/22)

## **VA Hospitals and Non-Cardiac Surgery**

VA study: Veterans who have non-cardiac surgery at VA hospitals are less likely to die 30 days later than patients in private hospitals. See the post [VA patients have better 30-day post-surgery outcomes than private sector](#) (VA 1/27/22)

## **VA Privacy Policies**

Read how VA's privacy policies and practices adhere to data stewardship principles in managing web user data. See the post [How VA respects your data privacy](#).(VA 1/31/22)