



## RECOMMENDED WEB SITES

### *A Resource for Veterans, Service Members, and Their Families*

Here is a collection of just some of the reliable Web sites you can visit for health information. Many of these are directed specifically to the Veteran or military population.

#### DEPARTMENT OF VETERANS AFFAIRS (VA)/DEPARTMENT OF DEFENSE (DoD)

▶ **Department of Veterans Affairs (VA)**

<http://www.va.gov>

VA provides links to Veteran-related issues and concerns.

▶ **Returning Service Members - Operations Iraqi Freedom/Enduring Freedom/New Dawn (OIF/OEF/OND)**

<http://www.oefoif.va.gov>

VA provides links for recently returned service members.

▶ **War Related Illness and Injury Study Center (WRIISC)**

<http://www.WarRelatedIllness.va.gov>

The WRIISC evaluates Veterans with post deployment health concerns and chronic symptoms without medical diagnosis. This Web site contains a variety of resources on general health topics and post deployment illnesses.

▶ **Office of Public Health, Washington, DC**

<http://www.publichealth.va.gov>

This office coordinates programs and services for Veterans regarding environmental exposures encountered during military service.

■ **Women Veterans:**

<http://www.publichealth.va.gov/womenshealth/index.asp>

▶ **U.S. Army Medical Department - United States Army Public Health Command**

<http://phc.amedd.army.mil>

Here, you can find a surplus of health information and other services. This is a world-class provider of public health services across the Department of the Army (DA) and DoD.

▶ **Deployment Health Clinical Center Health Information Web site**

<http://www.PDHealth.mil>

This Web site is a resource for clinicians, Veterans, and their families. Its goal is to create a trusting partnership between military men and women, Veterans, their families, and providers to ensure high quality care.

▶ **Deployment Health Family Readiness Library**

<http://deploymenthealthlibrary.fhp.osd.mil>

This library provides an easy way to find deployment health and family readiness information. Within this library, you'll find access to fact sheets, guides, and other products on a wide variety of topics.

## OTHER GOVERNMENT SITES

### ► Institute of Medicine

<http://www.iom.edu>

The Institute of Medicine produces reports on the health and protection of deployed military forces and Veterans. This site provides information about work in this area, including summaries and recommendations from past reports, as well as explanations of chemical and biological agents, and links to ongoing projects.

### ► National Institutes of Health (NIH)

<http://health.nih.gov>

The NIH provides a list of health topics, references for research and current studies, and links to other health related sites.

### ► Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

This Web site provides information on environmental health concerns. Environmental health at CDC strives to promote health and quality of life by preventing or controlling those diseases or deaths that result from interactions between people and their environments.

### ► MedlinePlus

<http://medlineplus.gov>

This Web site provides a searchable database on health topics and information. It is sponsored by the US National Library of Medicine and the National Institutes of Health.

### ► Healthfinder®

<http://www.healthfinder.gov>

Healthfinder® is an award-winning Federal Web site, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, Healthfinder® has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. Healthfinder® links to carefully selected information and Web sites from over 1,800 health-related organizations.

## MENTAL HEALTH

### OVERALL MENTAL HEALTH ISSUES (ANXIETY, DEPRESSION, ETC.)

#### ► National Institute of Mental Health

<http://www.nimh.nih.gov/health/index.shtml>

#### ► Mental Health America

<http://www.nmha.org/go/ptsd>

### POST-TRAUMATIC STRESS DISORDER (PTSD) AND TRAUMATIC STRESS

#### ► National Center for PTSD Program of the Department of Veterans Affairs

<http://www.ptsd.va.gov>

#### ► Mayo Clinic

<http://www.mayoclinic.com/health/post-traumatic-stress-disorder/DS00246>

## READJUSTMENT

### READJUSTMENT TO CIVILIAN LIFE AFTER DEPLOYMENT

- ▶ **Department of Veterans Affairs – Veteran Centers**  
<http://www.vetcenter.va.gov>
- ▶ **National Resource Directory**  
<http://www.nationalresourcedirectory.gov>
- ▶ **Military OneSource**  
<http://www.militaryonesource.com>
- ▶ **After Deployment**  
<http://www.afterdeployment.org/web/guest>
- ▶ **Defense Centers of Excellence**  
<http://www.dcoe.health.mil>

### EMPLOYMENT

- ▶ **VA Jobs**  
<http://www.va.gov/jobs/>
- ▶ **Department of Labor**  
<http://www.dol.gov/elaws/evets.htm>
- ▶ **NJ Dept of Labor and Work Force Development**  
[http://lwd.state.nj.us/labor/wnpjpin/wnpjpin\\_index.html](http://lwd.state.nj.us/labor/wnpjpin/wnpjpin_index.html)
- ▶ **Army Career and Alumni Program**  
<http://www.acap.army.mil>
- ▶ **GI Jobs**  
<http://www.gijobs.com>

### EDUCATION AND FINANCIAL ASSISTANCE

- ▶ **GI Bill**  
<http://www.gibill.va.gov>
- ▶ **The Fund for Veterans Education**  
<http://veteransfund.org>

## PHYSICAL HEALTH/INJURY

### TRAUMATIC BRAIN INJURY (TBI)

- ▶ **National Center for PTSD**  
<http://www.ptsd.va.gov/professional/pages/traumatic-brain-injury-ptsd.asp>
- ▶ **The Defense and Veterans Brain Injury Center**  
<http://www.dvbic.org>
- ▶ **CDC Facts about TBI**  
[http://www.cdc.gov/ncipc/tbi/FactSheets/Facts\\_About\\_TBI.pdf](http://www.cdc.gov/ncipc/tbi/FactSheets/Facts_About_TBI.pdf)

### CHRONIC PAIN INFORMATION

- ▶ **MedlinePlus**  
<http://www.nlm.nih.gov/medlineplus/chronicpain.html>

## COMPLEMENTARY AND ALTERNATIVE MEDICINE

- ▶ **National Center for Complementary and Alternative Medicine**  
<http://nccam.nih.gov>

## PEER SUPPORT

- ▶ **Vets4Warriors**  
<http://www.vets4warriors.com/>