

VETERANS FOR CHRIST, INC.
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October 2023

Check your VA claim, decision review, or appeal status

What types of claims, decision reviews, and appeals can I check in this tool?

You can use this tool to check the status of a VA claim, decision review, or appeal for these types of compensation:

- Disability compensation (including claims based on special needs like an automobile or clothing allowance)
- Veterans or Survivors Pension benefits
- Special monthly compensation (such as Aid and Attendance)
- Dependency and Indemnity Compensation (DIC)
- Burial allowance to help pay for a Veteran's burial and funeral expenses

You can also use this tool to check the status of a claim, decision review, or appeal for other benefits like these:

- VA health care
- GI Bill or other education benefits
- Veteran Readiness and Employment (VR&E)
- A home loan Certificate of Eligibility (COE)
- A Specially Adapted Housing (SAH) or Special Housing Adaptation (SHA) grant
- Life insurance
- A pre-need determination of eligibility to be buried in a VA national cemetery

Can I use this tool?

To use this tool, you'll need to have one of these free accounts:

- A verified **Login.gov** account, **or**
- A verified **ID.me** account, **or**
- A Premium **DS Logon** account (used for eBenefits and milConnect), **or**

- A Premium **My HealthVet** account

Once I'm signed in, how do I check my status?

You'll find a list of your claims, decision reviews, and appeals. You can check the statuses in the list. Or you can select a claim, decision review, or appeal to review the full details.

What kind of information can I get from this tool?

You can find out where your claim, decision review, or appeal is in our review process.

You can also check these details:

- Any evidence you've filed online to support your initial claim
- Any additional evidence we've requested from you
- Your claim, decision review, or appeal type
- What you've claimed

You can also use the tool to upload and download some documents:

- Upload evidence for an initial claim (you can't use this tool to upload evidence for a decision review or an appeal)
- Download decision letters for certain types of claims, decision reviews, and appeals

What if I sent a document to VA as evidence and it's not listed?

This may be because certain documents won't appear online.

We won't list these types of documents:

- Documents you sent to us by mail or fax, **or**
- Documents you brought to us in person, **or**
- Documents we've restricted to protect your or someone else's privacy

Will VA protect my personal information if I use this tool?

Yes. This is a secure website. We follow strict security policies and practices to protect your personal health information.

If you print or download anything from the website, you'll need to take responsibility for protecting that information.

What if I have more questions?

You can call us at [800-827-1000](tel:800-827-1000) (TTY: 711). We're here Monday through Friday, 8:00 a.m. to 9:00 p.m. ET.

VA mental health services

Find out how to access VA mental health services for posttraumatic stress disorder (PTSD), psychological effects of military sexual trauma (MST), depression, grief, anxiety, and other needs. You can use some services even if you're not enrolled in VA health care.

How do I talk to someone right now?

Find out how to get support anytime, day or night.

Get connected with mental health care—no matter your discharge status, service history, or eligibility for VA health care.

Getting started

If you need support for a specific mental health problem—or if you're having problems sleeping, controlling your anger, or readjusting to civilian life—you are not alone. And we can help.

Over 1.7 million Veterans received mental health services at VA last year. Our services range from peer support with other Veterans to counseling, therapy, medication, or a combination of these options. Our goal is to help you take charge of your treatment and live a full and meaningful life.

How do I schedule my first appointment?

If you're already using VA medical services, ask your primary care provider to help you make an appointment with a VA mental health provider.

If you're not already using VA medical services, contact your nearest VA medical center or Vet Center to talk about your needs.

[Find your nearest VA medical center or Vet Center](#)

What if I'm not sure what kind of help I need?

You can call [877-222-8387](tel:877-222-8387) to find the right resources for your needs. If you have hearing loss, call TTY: [800-877-8339](tel:800-877-8339).

We're here Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

It's hard for me to get to a VA facility in person. Can I get mental health services online?

Yes. You may be able to use one or more of the care options listed below.

- **The Veteran Training online self-help portal for overcoming everyday challenges:** You can use this portal's tools to help manage your anger, develop parenting and problem-solving skills, and more. The tools are based on proven mental health practices that have successfully helped other Veterans and families. The portal is free, and you don't have to sign in or provide any personal information to use the tools. [Visit the Veteran Training portal](#)
- **Smartphone apps for Veterans:** There are more tools than ever before to support your mental health. Complement your care with [mental health apps](#). These resources can help you manage posttraumatic stress disorder-related symptoms and stress, learn to practice mindfulness, manage depression symptoms and more.
- **The VA telemental health program:** You can connect with a VA mental health provider through a computer or mobile device in your home or at your nearest VA health facility. If you're enrolled in VA health care, ask any of your providers to help connect you with our telemental health program.

Can I speak to a fellow Veteran who's been through this before?

Yes. The **BeThere** peer assistance program, in partnership with Military OneSource, offers support to service members (including National Guard soldiers and Reservists), their families, and transitioning Veterans up to 365 days after separation or retirement. Through this program, you can talk privately with peer coaches who are Veterans, service members, or military spouses.

To talk with a peer coach, call Military OneSource's free, confidential peer support services at [800-342-9647](tel:800-342-9647). This service is available 24 hours a day, 365 days a year.

What other options do I have?

Eligible service members, Veterans, and family members can visit one of our Vet Centers to get free individual and group counseling. You don't have to be enrolled in VA health care or receive disability compensation to use these services.

Vet Centers offer these types of services:

- Individual and group counseling
- Couples and family counseling
- Military sexual trauma (MST) counseling
- Readjustment counseling, like mental health services, and educational and employment counseling
- Bereavement (grief) counseling

- Substance use assessment and referral
- Help applying for VA benefits

[Find a Vet Center near you](#)

You can also call [877-927-8387](tel:877-927-8387) (TTY: 711) to talk with a fellow combat Veteran about your experiences, 24 hours a day, 7 days a week, 365 days a year.

If you'd like to connect with other Veterans, families, and local services, you can visit our Make the Connection website. This site connects millions of Veterans, and their family members and friends, to local VA and community mental health resources. Visit the site to access these referral resources and hear Veteran testimonials of strength and recovery.

[Go to Make the Connection](#)

**“Be on your guard, stand firm in the faith, being men of courage, be strong.”
1Cor 16:13**

Sincerely,

William A. Harris, Jr.

William A. Harris, Jr., USAF Retired
President, Veterans for Christ, Inc.

www.veteransforchristinc.org

Need to contact VA?

[Veterans Crisis Line: 1-800-273-8255](#) and press 1, [Chat](#), or Text 838255

[Homeless Veteran Resources: 1-877-424-3838](#) or [Chat](#)

[White House VA Hotline: 1-855-948-2311](#)

[1-800-MyVA411](tel:1-800-MyVA411) (800-698-2411) is never the wrong number