

VETERANS FOR CHRIST, INC.  
P.O. BOX 362234  
DECATUR, GA. 30036



May 2024

## May is Mental Health Month

### Learn About Resources and Support

VA has a variety of mental health resources, information, treatment options and more — all accessible to Veterans, Veterans' supporters and the general public. Explore the pages below to learn more about a specific mental health topic or to find information specifically tailored to your needs. You can also visit the [Get Help](#) page to explore VA resources that address the unique stressors and experiences that Veterans may face.

### Explore by Topic

VA provides support for a variety of mental health conditions and other challenges. Each of these pages includes resources, information on treatment options, and more.

- [Anxiety](#)
- [Bipolar](#)
- [Depression](#)
- [Effects of TBI](#)
- [Military Sexual Trauma](#)
- [PTSD](#)
- [Schizophrenia](#)
- [Substance Use](#)
- [Suicide Prevention](#)
- [Tobacco](#)

### Find the Support You Need

Browse our catalog of resources for specific types of Veterans and civilians.

- [Transitioning Service Member](#)
- [Veteran Looking for Support](#)
- [Woman Veteran](#)

- [LGBTQ+ Veteran](#)
- [Family Member or Friend](#)
- [Older Veteran](#)
- [Health Care Provider](#)
- [College Faculty Member](#)
- [Learn about VA Benefits](#)

## Treatment

VA is here to provide and connect you with clinical resources and peer support so you can confront and manage any mental health challenge. We offer more treatment options and more ways to access treatment than ever before.

To get more information on treatment at VA, visit our [Learn About Treatment](#) page.

**“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.

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

[www.veteransforchristinc.org](http://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 \(800-698-2411\)](#) is never the wrong number