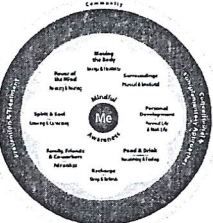
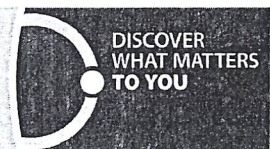




Whole Health Resources for Veterans

Resource	Website Address	QR Code
Whole Health Internet Site 	https://www.va.gov/WHOLEHEALTH/index.asp VA's main site for all things Whole Health. Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Be sure to bookmark this site for future reference!	
#LiveWholeHealth – Self Care for Veterans 	https://www.news.va.gov/category/livewholehealth/ VA's ongoing self-care video series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home to live healthier and happier. New videos are published on a regular basis to this website.	
Circle of Health 	https://www.va.gov/wholehealth/circle-of-health/index.asp Looking for support to improve your health within one or more areas? The Circle of Health illustrates the big picture connections between your health and other aspects of your life. This site offers a wide range of helpful materials, organized by each Circle of Health component.	
Discover What Matters. Live Whole Health (1-minute Video) 	https://www.youtube.com/watch?v=Rq1UcOPrT70 “Discover What Matters” outreach video highlights how Whole Health puts Veterans at the center of their care, helping them make more informed decisions, adopt healthy behaviors, have positive patient encounters, and achieve better health outcomes.	
Veteran Whole Health Education Handouts 	https://www.va.gov/WHOLEHEALTH/veteran-handouts/index.asp Veteran whole health education handouts help to support the Whole Health journey. This site offers a wide range of helpful materials, organized around each component of self-care in the Circle of Health.	

Resource	Website Address	QR Code
Whole Health Videos 	https://www.va.gov/WHOLEHEALTH/video/videos.asp Learn about the core concepts of Whole Health and each area of the Circle of Health.	
Whole Health Mobile Apps and Online Tools 	https://www.va.gov/WHOLEHEALTH/veteran-resources/MobileApps-OnlineTools.asp Use these Web-based and mobile tools to support your whole health. The list includes resources developed within the VA as well as publicly available resources.	

Other Important VA Links

Resource	Website Address	QR Code
Veterans Health Library  Veterans Health Library Your source for health information	https://www.veteranshealthlibrary.va.gov/ The Veterans Health Library (VHL), a trusted source of health information, includes written health sheets, videos, and interactive tools to help Veterans self-manage chronic conditions and support overall health and wellbeing.	
Women Veterans Health Care  855.VA.WOMEN WOMEN VETERANS CALL CENTER Call or Text: 1-855-829-6636	https://www.womenshealth.va.gov/ Learn more about the changing face of women Veterans and what VA is doing to meet their health care needs.	
VA Mental Health Care 	https://www.mentalhealth.va.gov/ VA has resources to address the unique stressors and experiences that Veterans may face — and we're just a click, call, text, or chat away. We're here to help no matter how big or small the problem may be.	
Veterans Crisis Line  Veterans Crisis Line 1-800-273-8255 PRESS 1	https://www.veteranscrisisline.net/ The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. If you are in crisis and need to speak with a crisis responder, please call <u>1-800-273-8255</u> and Press 1.	