

VA is here for you.



Mental health resources and treatment

- Help Veterans find resources and support to address and manage a mental health condition.
- Access care for survivors of military sexual trauma.
- Learn about evidence-based treatment options, including therapy, medication, and brain stimulation treatments to help with conditions like anxiety, depression, and posttraumatic stress disorder.
- Get support for dealing with misuse of substances, including opioids, stimulants, and alcohol.

Care wherever you are, whenever you're ready

VA provides clinical resources and peer support to help Veterans confront and manage mental health challenges—and offers more ways to access care than ever before:

- **In person.** Ask your VA provider to help you make an appointment with a VA mental health professional, or contact your nearest VA medical center about enrolling in VA care. If you receive outpatient mental health care, you won't have a copay for the first 3 appointments of the calendar year, from now to 2027.
- **Telehealth.** VA offers TeleMental Health options via video and phone. Connect with local VA providers to schedule your appointment online.
- **Online.** VA offers mental health mobile apps and free, evidence-based training courses to complement care and help Veterans manage challenges and conditions.



U.S. Department
of Veterans Affairs

Learn more at MentalHealth.va.gov

