

She VET, Inc. Resource Page

Finding the right support can take time. She VET connects women Veterans with organizations that may offer help with mental health, housing, benefits, employment, education, and community (shevetinc.org).

She VET is a referral organization and does not provide these services directly. Contact each organization to confirm eligibility, availability, and current program details.

For an immediate emergency, call 911. For a mental health crisis, call or text 988.

Immediate and Crisis Support

988 Suicide & Crisis Lifeline

Free, confidential support for anyone experiencing emotional distress or a mental health crisis.

Contact: Call or text 988; online chat is available.

Website: [Visit website](#)

Veterans Crisis Line

Confidential crisis support for Veterans, service members, National Guard and Reserve members, and their loved ones. VA enrollment is not required.

Contact: Call 988 and press 1, or text 838255. Available 24 hours a day, 7 days a week.

Website: [Visit website](#)

National Call Center for Homeless Veterans

Connects Veterans who are homeless or at risk of homelessness with housing programs, emergency assistance, health care, employment support, and local services.

Contact: 877-424-3838 · Available 24/7

Website: [Visit website](#)

Women Veteran Resources

Women Veterans Call Center

Helps women Veterans learn about VA health care, mental health, military sexual trauma services, disability benefits, employment, education benefits, and home loans.

Contact: Call or text 855-829-6636 · Monday–Friday, 8 a.m.–10 p.m. ET; Saturday, 8 a.m.–6:30 p.m. ET

Website: [Visit website](#)

VA Center for Women Veterans

Advocates for equitable access to VA benefits, services, programs, and opportunities for women Veterans.

Contact: Call or text 855-829-6636 · Email: 00w@va.gov

Website: [Visit website](#)

VA Women's Health Care

Information about VA primary care, mental health, reproductive health, maternity care, menopause care, military sexual trauma services, and specialty care.

Contact: Call or text 855-829-6636

Website: [Visit website](#)

Women Veterans Program Manager

Every VA medical center has a program manager who can answer questions, advocate for women Veterans, and help coordinate VA care and other services.

Website: [Visit website](#)

Service Women's Action Network Emergency Assistance

Confidential, one-on-one assistance for servicewomen, women Veterans, and their families.

Contact: Assistance hotline: 888-502-8755 · Case manager: 301-578-2049 · casemanager@servicewomen.org

Website: [Visit website](#)

Women Veterans Interactive Foundation

Connects women Veterans with emergency assistance, workforce resources, advocacy, community programs, and housing support.

Contact: 202-810-2118 · info@womenveteransinteractive.org

Website: [Visit website](#)

Foundation for Women Warriors

Offers women Veterans and their children emergency financial assistance, housing support, childcare assistance, professional development, and transition resources.

Contact: 310-733-2450 · info@f4ww.org

Website: [Visit website](#)

Final Salute, Inc.

Supports women Veterans experiencing homelessness, housing instability, or financial hardship, including women with children.

Contact: 703-224-8845 · leadership@finalsaluteinc.org

Website: [Visit website](#)

Women Veterans Network (WoVeN)

Peer-support groups and a nationwide community where women Veterans can build relationships, share experiences, and connect with resources.

Contact: 877-449-6836 · contact@wovenwomenvets.org

Website: [Visit website](#)

Military Women's Memorial

Honors and documents the service of women in the U.S. Armed Forces through exhibits, education, events, and an online service registry.

Contact: 703-892-2606

Website: [Visit website](#)

Mental Health and Healing

VA Mental Health Services

Information about VA care for PTSD, depression, anxiety, substance use concerns, and other mental health conditions.

Contact: VA Health Benefits Hotline: 877-222-8387

Website: [Visit website](#)

VA Military Sexual Trauma Services

VA provides free treatment for physical and mental health conditions related to military sexual trauma. A service-connected disability rating is not required. Every VA medical facility has an MST Coordinator.

Contact: Women Veterans Call Center: 855-829-6636

Website: [Visit website](#)

Vet Center Counseling Services

Confidential counseling, outreach, and referrals for eligible Veterans, service members, and families. Services may include support for trauma, PTSD, grief, and readjustment after service.

Contact: 877-927-8387 · Available 24/7

Website: [Visit website](#)

National Center for PTSD

Education, research, treatment information, self-help tools, and resources for Veterans, families, and health care professionals.

Website: [Visit website](#)

Beyond MST App

A free, private VA app with self-help tools for survivors of military sexual trauma.

Website: [Visit website](#)

Veterans Counseling Veterans, Inc.

A Veteran-led nonprofit focused on mental wellness and suicide prevention through education, advocacy, mentorship, referrals, and supportive services.

Website: [Visit website](#)

Cohen Veterans Network

Mental health care for post-9/11 Veterans, service members, and military families. In-person and telehealth services may be available.

Website: [Visit website](#)

Wounded Warrior Project

Programs include mental wellness support, the Warrior Care Network, and WWP Talk. Eligibility requirements apply.

Contact: Resource Center: 888-997-2586 · resourcecenter@woundedwarriorproject.org

Website: [Visit website](#)

Headstrong Project

Confidential, trauma-informed mental health treatment for Veterans, service members, and their families.

Website: [Visit website](#)

Give an Hour

Connects eligible individuals and families with mental health resources and community-based emotional wellness support.

Website: [Visit website](#)

Housing and Financial Stability

Supportive Services for Veteran Families (SSVF)

Helps eligible Veteran families prevent homelessness or obtain stable housing. Assistance may include case management, rental support, deposits, utility assistance, transportation, and referrals.

Contact: Call 877-424-3838

Website: [Visit website](#)

HUD-VA Supportive Housing (HUD-VASH)

Combines rental assistance with VA case management and supportive services for Veterans experiencing homelessness.

Contact: Call 877-424-3838

Website: [Visit website](#)

USA Cares

May provide financial assistance to eligible post-9/11 service members, Veterans, and military families facing housing, utility, career transition, or other financial emergencies.

Contact: 800-773-0387

Website: [Visit website](#)

Modest Needs

Short-term financial assistance for eligible individuals and families experiencing temporary hardship.

Website: [Visit website](#)

Code of Support Foundation—PATRIOTlink

Personalized resource navigation for service members, Veterans, caregivers, and military families.

Contact: 571-418-6339

Website: [Visit website](#)

National Veterans Foundation

Connects Veterans and their families with housing, benefits, mental health, employment, and local service resources.

Contact: Lifeline for Vets: 888-777-4443

Website: [Visit website](#)

Operation Homefront

Provides eligible military and Veteran families with financial assistance, housing programs, caregiver support, and family services.

Contact: 210-659-7756

Website: [Visit website](#)

VA Benefits and Legal Help

VA Benefits and Services

Information about disability compensation, health care, education, home loans, pensions, life insurance, burial benefits, and Veteran Readiness and Employment.

Contact: VA Customer Service: 800-698-2411

Website: [Visit website](#)

VA-Accredited Representatives

Veterans service organizations, accredited claims agents, and attorneys may assist with VA claims and appeals. Verify accreditation before sharing personal information or paying for services.

Website: [Visit website](#)

Women Veterans Legal Assistance Program

Free legal representation for qualifying women Veterans with certain VA disability claims and appeals involving military sexual trauma.

Contact: 202-733-3329 · wvlap@vetsprobono.org

Website: [Visit website](#)

National Veterans Legal Services Program

Legal assistance, advocacy, education, and representation related to disability benefits, discharge upgrades, and other Veteran matters.

Contact: 202-265-8305 · info@nvlsp.org

Website: [Visit website](#)

Stateside Legal

Free legal information and self-help resources for service members, Veterans, and military families.

Website: [Visit website](#)

Veterans Consortium Pro Bono Program

Free legal assistance for qualifying Veterans appealing denied VA benefits before the U.S. Court of Appeals for Veterans Claims.

Contact: 888-838-7727

Website: [Visit website](#)

VA Legal Services for Veterans

Connects eligible Veterans experiencing homelessness or housing instability with legal help for benefits, housing, family law, debt, and other civil matters.

Website: [Visit website](#)

Disabled American Veterans (DAV)

Offers benefits and claims assistance, employment resources, transportation, and other Veteran services.

Contact: 877-426-2838

Website: [Visit website](#)

Veterans of Foreign Wars (VFW) National Veterans Service

Free assistance with VA disability claims, benefits, appeals, and military-record questions. VFW membership is not required.

Contact: 816-756-3390

Website: [Visit website](#)

Paralyzed Veterans of America

Benefits assistance, medical advocacy, employment support, accessibility resources, and legal advocacy for Veterans with spinal cord injuries, disorders, and other disabilities.

Contact: 800-424-8200

Website: [Visit website](#)

Employment, Education, and Entrepreneurship

Veterans' Employment and Training Service (U.S. Department of Labor)

Employment resources, job-search support, transition assistance, and information about employment rights for Veterans and military spouses.

Website: [Visit website](#)

VA Education Benefits

Information about the GI Bills and other education and training programs.

Website: [Visit website](#)

Veteran Readiness and Employment (VR&E)

Helps eligible Veterans with service-connected disabilities prepare for, obtain, and maintain suitable employment. Some may qualify for education, training, or independent-living services.

Website: [Visit website](#)

Hire Heroes USA

Free employment services for Veterans and military spouses, including résumé help, career coaching, interview preparation, and job-search support.

Contact: 844-634-1520

Website: [Visit website](#)

American Corporate Partners

Free professional mentorship for transitioning service members, Veterans, and military spouses.

Contact: 212-752-0700 · info@acp-usa.org

Website: [Visit website](#)

DAV Employment Resources

Connects Veterans and military spouses with employment resources, job fairs, career development, benefits help, and Veteran-friendly employers.

Contact: 877-426-2838

Website: [Visit website](#)

Helmets to Hardhats

Connects Veterans, transitioning service members, National Guard members, and Reservists with training and careers in the construction trades.

Contact: 866-741-6210

Website: [Visit website](#)

Boots to Business

Small Business Administration entrepreneurship education for service members, Veterans, and military spouses.

Website: [Visit website](#)

Women Veteran Entrepreneurship Resources

The Small Business Administration lists entrepreneurship training and resources for women Veterans.

Website: [Visit website](#)

V-WISE

Entrepreneurship education, training, mentorship, and business resources for women Veterans, servicewomen, and women military spouses.

Website: [Visit website](#)

Bunker Labs

Entrepreneurship education, networking, mentorship, and business development programs for Veterans and military spouses.

Website: [Visit website](#)

Caregivers, Families, and Community

Women Veterans Alliance

Connects women Veterans through networking, mentorship, community events, professional opportunities, and support resources.

Website: [Visit website](#)

VA Caregiver Support Program

Caregiver education, coaching, peer support, referrals, counseling, and other services for caregivers of eligible Veterans.

Contact: Caregiver Support Line: 855-260-3274

Website: [Visit website](#)

Elizabeth Dole Foundation

Advocacy, education, peer support, and resources for military and Veteran caregivers.

Website: [Visit website](#)

Tragedy Assistance Program for Survivors (TAPS)

Grief support, peer mentoring, counseling referrals, and resources for people grieving the death of a service member or Veteran.

Contact: 800-959-8277 · info@taps.org

Website: [Visit website](#)

Operation Gratitude

Care packages, letters of support, and volunteer opportunities for military and Veteran communities.

Website: [Visit website](#)

Gary Sinise Foundation

Programs supporting Veterans, active-duty service members, first responders, and their loved ones.

Website: [Visit website](#)

Yellow Ribbon Fund

Support for wounded, ill, and injured service members, caregivers, and families during medical recovery and reintegration.

Website: [Visit website](#)

Military-Friendly Colleges and Universities

Explore military and Veteran education services at these colleges and universities. Each school name links to its military, Veteran, or institutional website.

- [American Military University](#)
- [Arizona State University](#)
- [Central Georgia Technical College](#)
- [Columbus State University](#)
- [Drexel University](#)
- [Embry-Riddle Aeronautical University](#)
- [Florida State University](#)
- [Fort Valley State University](#)
- [Georgia Military College](#)
- [Georgia Southern University](#)
- [Georgia State University](#)
- [Kennesaw State University](#)
- [Mercer University](#)
- [Middle Georgia State University](#)
- [National University](#)
- [Penn State World Campus](#)
- [Saint Leo University](#)
- [Southern New Hampshire University](#)
- [Syracuse University — Institute for Veterans and Military Families](#)
- [Texas A&M University](#)
- [Texas Woman's University — Center for Women Entrepreneurs](#)
- [Trident University International](#)
- [Troy University](#)
- [University of Georgia](#)
- [University of Maryland Global Campus](#)
- [University of North Georgia](#)
- [University of South Florida](#)
- [University of Southern California](#)
- [University of West Georgia](#)
- [Western Governors University](#)

Resource note: She VET shares these listings as a starting point for finding help. She VET does not control external programs and cannot guarantee eligibility, availability, or outcomes. Contact each provider directly for current information.