

# Washington State Department of Veterans Affairs

## Military and Veteran Community Resources in Response to COVID-19

*During the Washington State “Stay Home, Stay Healthy” order, we are isolating in our homes for the sake of keeping ourselves and our neighbors healthy. However, struggles may arise in our Military and Veteran community due to less social interaction, barriers to resources, and loss of employment. It may seem difficult to adjust how to care for our mental wellbeing, continue to provide for our families, connect with others, and find the resources that meet our needs while maintaining social distancing. This list serves as a guide to resources specific to our Military and Veteran community during the current COVID-19 situation. While some of these resources may continue to be available to the community after the Governor’s order has been rescinded, the purpose of this list is for the current circumstance only.*

Who is Eligible? (Use this legend to determine who is eligible for this resource)	
SM	Service Member
V	Veteran
F	Family of a Service Member or Veteran

### **Mental Wellness**

- Max Impact App – Although originally designed for TBI by Dan Overton (MC, LMHC, MHP), the Max Impact App can be useful for meditation, brain games, and wellness check ins during quarantine. Download here: **(SMVF)**  
[For iTunes download here](#)  
[For Android download here](#)
- Dr. Peter Schmidt (Psy.D, LMHC), WDVA Counseling and Wellness Director, runs the War Trauma Counseling Program that is open to Veterans, Guardsmen, Reservists who have served in a wartime era. [Providers all over the state](#) are available to provide free counseling to the service member or Veteran and many can provide virtual teletherapy during this time. **(SMVF)**
- [Forefront](#) has many resources for safety planning, mental wellness, and education, especially pertaining to the current COVID-19 situation. **(SMVF)**
- For Guard members and family, the [Washington State National Guard](#) has a Behavioral Health Coordinator, Dr. Julie Madsen, who can assist you with getting mental health care. She can be reached at 253-273-1769. Also available is the Family Assistance Program, they can be reached at 800-364-7492. **(SMF)**
- Veteran’s Rites has expanded their virtual programming, holding forums twice a week to connect. You can learn more about that [here](#). **(SMVF)**
- [Military Health System](#) has put out an article giving tips on how to cope with stress during this time. **(SMVF)**

- [Military One Source](#) is always a great resource for service members and their families. They outline special virtual offers due to COVID-19 and what changes they have made. **(SMVF)**
- Helping Hands is a volunteer project in response to COVID-19 organized by therapists at Pathways Mental Health Services. Please do not contact Pathways, use the information in the flyer below to contact the POC, Elaine to determine if you or your family is eligible. **(SMVF)**



HelpingHands.pdf

- VA Puget Sound as has provided many at home leisure resources during a time of social distancing. See the document below. **(SMVF)**



At Home Leisure Resources.pdf

- Valley Cities Cohen Clinic is offering telehealth therapy sessions in response to COVID-19. They serve military family members, post 9-11 veterans, and their families. You can learn more about that [here](#). **(VF)**
- Cohen Veterans Network is also providing free virtual mental health workshops through [CVN Presents](#). **(VF)**
- Deployment Psychology released a graphic to assist with [Creating a Healthy Mindset During a Pandemic](#) that can be used to curb negative thoughts. **(SMVF)**
- [Headspace](#) is offering free support in the global crisis, visit covid-19 specific resources. **(SMVF)**
- Isolation can increase thoughts of suicide, if you are having thoughts of suicide, the [Veterans Crisis Line](#) is always available 1-800-273-8255 or visit the website. You can also text "HEAL" to 741741. **(SMVF)**
- If you are struggling and just need to talk to someone, Crisis Connections also hosts a [Veterans Warm Line](#). **(SMVF)**

### **Physical Wellness**

- If you are finding it hard to stay physically healthy without the gym, [Military.com](#) has published an article that includes at home workout tips. **(SMVF)**
- VA Puget Sound is providing some virtual care in response to COVID-19. Check the [operating status](#) to stay up to date with the facility operations. **(V)**

\*Disclaimer: some of these resources are limited or only available during the global crisis.

If your organization is offering special resources to the military and Veteran community in response to COVID-19, please contact Codie Garza, WDVA Suicide Prevention Coordinator [codie.garza@dva.wa.gov](mailto:codie.garza@dva.wa.gov).

- TRICARE covers [telemedicine with a referral](#) during this time, has [a nurses line](#), and provides information regarding [pharmacy changes/resources](#). **(SMVF – Tricare beneficiaries)**

### **Parenting / Homeschooling**

- For Service Members and families, the Joint Base Lewis McChord Directorate of Personnel and Family Readiness Center holding Facebook Live events to talk about struggles people may be facing during these times. **(SMVF)**



DPFR FB Live  
Events.pdf

- Service Members and families can also contact Family Advocacy (253-967-5901) about their supportive programs including the New Parent Support Program (253-967-7409) **(SMF)**
- [ZERO to THREE](#) is providing some resources teachers and parents for free during this time. **(SMVF)**
- [Military One Source](#) offers free non-medical counseling services to military families, including children 6 – 17 years of age as well as a variety of schooling resources. **(SMF)**
- [EverFi](#) is providing free educational resources to parents and teachers of K-12 students. **(SMVF)**

### **Domestic Violence**

- [National Domestic Violence Hotline](#) (1-800-799-7233) is still operating. Text option is also available by texting LOVEIS to 22522. **(SMVF)**
- [Washington State Coalition Against Domestic Violence](#) also lists other resources specific to Washington State. **(SMVF)**
- For Service Members and families, the Joint Base Lewis McChord Directorate of Personnel and Family Readiness Center is still operating with some changes that are listed in the document below. **(SMF)**



DPFR Operating  
Status.pdf

- For Service Members and families, [Joint Base Lewis McChord Family Advocacy website](#) lists information pertaining to resources and ways to get help if you suspect or are experiencing abuse. **(SMF)**

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## **Financial**

- [Operation Homefront](#) is running a few initiatives to support service members, Veterans, and their families during this time. **(SMVF)**
- For VBA benefit debt temporary financial relief, contact the Federal VA Debt Management Center (DMC) at 1-800-827-0648. **(VF)**
- For service members and their families, the [Office of Financial Readiness](#) can provide virtual financial counseling during this time. **(SMF)**
- [Army Emergency Relief](#) has COVID-19 specific financial relief procedures for service members and their families. **(SMF)**
- [Navy-Marine Corps Relief Society](#) has COVID-19 specific financial relief procedures for service members and their families. **(SMF)**
- [Consumer Financial Protection Bureau](#) has provided many resources and tips to help with financial hardships during this time. **(SMVF)**

## **Substance Use**

- [Mission 22](#) is holding virtual AA meetings during this time. **(VF)**
- [Washington Recovery Helpline](#) is always open for calls at 1-866-789-1511. **(SMVF)**
- [Start Talking Now](#) is a website for parents supported by the Washington Healthy Youth Coalition. **(SMVF)**

## **Other Helpful Tips**

- Maintaining Personal Connection (family, friends, grandkids): Virtual connection platforms like [Skype, Marco Polo, and Facetime](#) can all be used to connect. **(SMVF)**
- Help someone else: While this may be less feasible under the shelter in place order, all of us know someone who is more at risk than others. Finding simple, safe ways to help someone else can create a much-needed sense of achievement in these isolating times. **(SMVF)**
- Creating a virtual or real hope box: This can be a simple, creative way to remind ourselves of those things that keep us going, while also providing a useful tool during intense emotional crises. **(SMVF)**

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- Stick to routine: Sticking to a stable routine that involves routine, commonplace actions can help prevent boredom and maintain focus on goals. **(SMVF)**

\*Washington State Department of Health has also distributed a list of resources during this time. Find those below:



DOH Family  
Resources in COVID



DOH COVID-19 -  
IVP Team Resources.

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