

Medical/TBI

Government Links and Resources:

Hazardous Exposure Evaluations

The VA has established the Special Environmental Health Registry Evaluation Program for OEF/OIF/OND Veterans. Veterans who have concerns that they might have been exposed to potentially dangerous environmental health hazards such as depleted uranium, toxic embedded fragments, smoke, chemical / biological warfare agents, pesticides, and vaccinations etc. can receive a free specialized health evaluation from the VA.

To find out more: <http://www.publichealth.va.gov/exposures/oefoif/index.asp>

To schedule an exam: <http://www.publichealth.va.gov/exposures/coordinators.asp>

VA Pain Management

The purpose of this website is to facilitate effective pain management by providing convenient, centralized access to resources for the provision of pain services within the VA healthcare system. The intended users of this site are Veterans, Veterans' family members, caregivers, VA administrators, clinicians, and researchers who have an interest in any aspect of pain management. The site is designed to provide these groups of individuals with quick access to a range of relevant resources from both internal and external sources.

www.va.gov/painmanagement/index.asp

My HealthVet

Your VA Healthcare online! Tools that are available can help you monitor your healthcare through online prescription refill, a blended view of VA prescriptions and self-entered medications and supplements, personal health journals, and, in the near future, online copies of selected portions of your VistA electronic medical record. We are continually developing new features to help you.

www.myhealth.va.gov

Traumatic Brain Injury (TBI)

Provides information and education about TBI.

www.polytrauma.va.gov/understanding-tbi/

Minnesota Department of Veteran Affairs

www.mdva.state.mn.us

Minnesota Department of Veteran Affairs "LinkVet"

Veterans Linkage Line: 1-888-LinkVet (1-888-546-5838). LinkVet is a toll-free, one-stop customer service line for all Minnesota veterans.

www.minnesotaveteran.org

State Soldiers Assistance Program

The State Soldier's Assistance Program provides cash assistance in the form of shelter payments (rent and mortgage), utilities, and personal needs grants to Veterans who are unable to work as a result of temporary disability. The State Soldier's Assistance Program also provides assistance with dental and optical needs for Veterans and their dependents who meet strict income and asset guidelines. Veterans can apply through the County Veteran Service Officer.

<http://www.mdva.state.mn.us/SSAP/index.htm>

Community Resources:

United Way 2-1-1

United Way 2-1-1 is a free and confidential community helpline available 24 hours a day, 7 days a week. 2-1-1 helps people access information they need to navigate the ever increasing and complex array of human services. Dial 1-800-543-7709
www.unitedwayhelps.org/pages/UnitedWay2-1-1

Real Warriors

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, Veterans and their families.
www.realwarriors.net