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| --- |
| COVID-19 is a respiratory disease caused by a new coronavirus**What Is COVID-19?**first discovered in 2019. The name COVID-19 is short for“Coronavirus Disease 2019”1,2. |
| **It is without question that the health and well-being of our Vietnam-Era Registries members are at the forefront of our minds.** Now, more than ever, we must be vigilant in safeguarding the well-being of our loved ones and ourselves. The COVID-19 pandemic has increased anxiety and stressorsglobally, making it important to consider mental health and stress reduction during this time. We’vecompiled some resources and information for our Registry members that may be helpful. Twocommon mental health conditions to consider include: |
|  | Post-Traumatic Stress Disorder (PTSD) |  | Depression |  |
| PTSD symptoms include intrusive memories, dissociation, feeling numb or guilty, and hypervigilance3. **A free and anonymous PTSD screening is available** online at: [www.myhealth.va.gov/mhv-portal-web/ptsd-](http://www.myhealth.va.gov/mhv-portal-web/ptsd-) screeningThere are effective treatments for PTSD.According to the VA National Center for PTSD,53% of Veterans who take part in common treatments for PTSD no longer experiencesymptoms. Those common treatments include cognitive processing therapy, prolongedexposure therapy and eye movementdesensitization and reprocessing (EMDR)5. | Depression symptoms include changes in sleep and appetite, loss of energy andinterest, and feelings of hopelessness4. **A free and anonymous depression screening is available** online at: [www.myhealth.va.gov/](http://www.myhealth.va.gov/) mhv-portal-web/depression-screening The VA can work with Veterans to set up technology that allows virtual videoappointments using cell phones, tablets, and computers. Video therapy sessions have been found to be as effective as in-person therapy sessions for treating depression in Veterans58 and older6. |
|  |

# Call

For more **certified** information about COVID-19, visit:

 [www.coronavirus.gov](http://www.coronavirus.gov/)

 [www.va.gov/coronavirus-veteran-frequently-asked-questions/](http://www.va.gov/coronavirus-veteran-frequently-asked-questions/)

 [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

## 1-800-273-8255

and **Press 1**

# Visit Online

 [*www.VeteransCrisisLine.net*](http://www.VeteransCrisisLine.net/)

# Text

Send Messages to

## 838255

**VIETNAM-ERA REGISTRIES**

**Health & Well-Being during COVID-19**

The COVID-19 pandemic response has caused mental health and financial stress for many individuals and families. Listed below are some resources and tools that may help with overcoming the obstacles many people are facing.

|  |  |  |
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| ***Financial*** |  | ***Mental Health Resources*** |
| ***Resources*****Federal COVID-19 Resources** [www.benefits.gov/help/faq/](http://www.benefits.gov/help/faq/) Coronavirus-resources |
| **Mental Health during the COVID-19 Outbreak**A site that provides a list of strategies for developing and maintaining peace of mind during the COVID-19outbreak: [www.mentalhealth.va.gov/coronavirus/](http://www.mentalhealth.va.gov/coronavirus/) |
| **Housing Assistance** [www.hud.gov/coronavirus](http://www.hud.gov/coronavirus)**Social Security and Medicare Resources** [www.ssa.gov/coronavirus/](http://www.ssa.gov/coronavirus/) & [www.medicare.gov/medicare-](http://www.medicare.gov/medicare-) coronavirusFor additional information on**Veteran-Focused Financial Resources** [www.consumerfinance.gov/](http://www.consumerfinance.gov/) coronavirus/servicemembers/ | **COVID Coach**COVID Coach is a VA-developed mobile app for managing stress and mood, and accessing additional resources. It’s available to download for free in the app store (iTunes for iOS and Google Play for Android devices). For moreinformation visit: [www.ptsd.va.gov/appvid/mobile/COVID\_coach\_app.asp](http://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)**Make the Connection**An online resource designed to connect Veterans, and their family members and friends, with information,resources, and solutions to issues affecting Veterans’ lives:**Coaching into Care**A site for Veterans’ family and loved ones to learn from licensed psychologists and social workers how to better support a Veteran they care about, free-of-charge:888-823-7458 [www.mirecc.va.gov/coaching/index.asp](http://www.mirecc.va.gov/coaching/index.asp)**MiltaryOneSource**A source for non-medical counseling for military servicemembers and their families:1-800-342-9647 [www.militaryonesource.mil/confidential-help/non-](http://www.militaryonesource.mil/confidential-help/non-) medical-counseling |
| References:1:https[://w](http://www.who.int/emergencies/)ww[.w](http://www.who.int/emergencies/)h[o.int/emergencies/](http://www.who.int/emergencies/) diseases/novel-coronavirus-2019/technical- guidance/naming-the-coronavirus-disease- (covid-2019)-and-the-virus-that-causes-it2:https[://w](http://www.cdc.gov/coronavirus/2019-)ww[.c](http://www.cdc.gov/coronavirus/2019-)d[c.gov/coronavirus/2019-](http://www.cdc.gov/coronavirus/2019-) ncov/symptoms-testing/symptoms.html3:https[://w](http://www.nami.org/NAMI/media/NAMI)ww[.nami.org/N](http://www.nami.org/NAMI/media/NAMI)A[MI/media/NAMI](http://www.nami.org/NAMI/media/NAMI)-Media/Images/FactSheets/PTSD-FS.pdf 4:https[://w](http://www.nami.org/About-Mental-)ww[.nami.org/A](http://www.nami.org/About-Mental-)b[out-Mental-](http://www.nami.org/About-Mental-) Illness/Mental-Health-Conditions/Depression5:https[://w](http://www.research.va.gov/topics/)ww[.re](http://www.research.va.gov/topics/)s[earch.va.gov/topics/](http://www.research.va.gov/topics/) ptsd.cfm#research16:https[://w](http://www.research.va.gov/topics/)ww[.re](http://www.research.va.gov/topics/)s[earch.va.gov/topics/](http://www.research.va.gov/topics/)depression.cfm |

THANK YOU FOR YOUR SERVICE